

## Social Prescribing is NOT...

- ✗ **An urgent / emergency service.**  
*If you need urgent or emergency care, contact NHS 111 or call 999.*
- ✗ **Able to prescribe medication.**  
*If our Social Prescribers feel you need medical care, they can refer you to the GP or another medical professional.*

## How can I see a Social Prescriber?

You can refer yourself directly to our Social Prescribing service. There are two ways to do this:



**Complete the online self-referral form here:**  
[www.quedgeleymedicalcentre.nhs.uk/navigator/social-prescribing-referral/](http://www.quedgeleymedicalcentre.nhs.uk/navigator/social-prescribing-referral/)



**Contact the Practice on 01452 728882 and ask the Reception team to refer you.**

*Our team of Social Prescribers have a wide range of skills and experience. If you ask to be referred to the service, you will be asked to briefly explain why this is. This information will help us to make sure you are assigned to the most appropriate Social Prescriber.*

Your referral will be allocated to one of our Social Prescribers who will contact you within two weeks to arrange an initial appointment.

## Tell us about your experience!

We work hard to continually improve our services. You can help us to do this by sharing your experience of using our Social Prescribing service. Simply complete this online survey:

[www.quedgeleymedicalcentre.nhs.uk/nhs-friends-and-family-test/](http://www.quedgeleymedicalcentre.nhs.uk/nhs-friends-and-family-test/)

Please be sure to note that your feedback is for the Social Prescribing service!

# Social Prescribing

What matters to you, matters to us.



**HQ PCN**

Hadwen & Quedgeley Primary Care Network



## What is Social Prescribing?

Health is more than just tablets and medicines.

Our health is also shaped by practical, social, and emotional factors.

It is these factors that make each of us unique and individual.

Sometimes, these factors can improve our health, but sometimes they can make our health worse.

**Social prescribing helps us to see which of these factors might be making our health worse and can help us to change them.**

This improves our health and wellbeing. It can even prevent us from developing diseases.

**DID YOU KNOW:** 1 in 4 GP appointments have little to do with medical problems and can be better supported by a Social Prescriber.

## What does the Social Prescriber do?



## What can Social Prescribing help with?



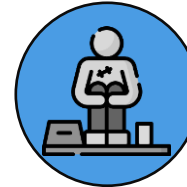
### Healthy lifestyle

Being more physically active | Weight management | Making lifestyle changes to help manage conditions like Type 2 Diabetes | Addiction



### Loneliness and isolation

Social activities | Befriending | Building confidence | Transport



### Housing and homelessness

Emergency accommodation | Poor housing conditions



### Mental health and Counselling

Relationships | Bereavement support | Domestic abuse | Anxiety



### Finances

Welfare support and benefits | Debt | Cost of living crisis



### Employment

Seeking new employment | Navigating job centres | Work-related stress

If our Social Prescribers cannot help you directly with any of these things, they may be able to signpost you to a service that can.