

SOCIAL PRESCRIBING

What is Social Prescribing?

Service video: <https://youtu.be/jEZr7OG2dGo>

Social Prescribing involves helping patients to improve their health, wellbeing and social welfare by connecting them to community services run by the council or a local charity. It uses a person-centred approach provide a non-clinical, non-medical intervention and prioritises the patients needs by focusing on 'what matters to me' to adopt a holistic approach.. The aim is to create change and enhance the individuals health and wellbeing.

Who can refer? Reception / Admin, GP

How to refer?

- ◆ **Loxford/Wanstead & Woodford PCN**
Admin team to book patients into social prescribing appt slot with a brief note of reason.
- ◆ **Cranbrook PCN**
Email link workers raquel.cerezomartin1@nhs.net or hodan.belhatem@nhs.net
- ◆ **Seven Kings PCN**
Admin team can book directly into SP Clinics or send the Linkworker Emis tasks to Anna Shah
- ◆ **Fairlop PCN**
GP practice staff refer through a referral form sent to our social prescriber Redbridgeccg.fairlopsocialprescriber@nhs.net
- ◆ **New Cross Alliance**
Admin team can book directly into SP Clinics or email Linkworker anisah.suleman@nhs.net.

What conditions are covered?

Included

- Adults 18+
- Weight management
- Employment support
- Finance/ benefits/debt advice
- Parenting and family support
- Migrant/refugee/asylum seeker support
- Food bank
- Bereavement support
- Connecting to groups for activities
- Have mental health needs
- Have long-term health conditions
- Face housing problems
- Relationship problems
- Are lonely or isolated

Excluded

- Clinical Interventions
- Help with mental health illness/clinical need
- Cranbrook PCN—Under 18

Patients with medical needs should contact their GP practice or 111 during out of hours.