

SOCIAL PRESCRIBING



What is Social Prescribing?

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

The scheme is open to **ALL** patients living in and registered with a GP in Tower Hamlets. The eligibility criteria of the service will shortly expand to include 0-18 year olds, supporting children and young people, working with parents or primary carers to enable access to services that support the wellbeing of the family unit.

Our team of Social Prescribers are responsible for providing **non-clinical support** by linking patients to **community and voluntary services across the borough** and adopting a holistic approach to supporting patients to improve their physical and mental health and wellbeing.

We enable residents to access 'social prescriptions', e.g. exercise and healthy eating or joining a social group to reduce social isolation etc.

Who can refer?

- Reception / Admin
- GP

How to refer?



Electronically

To refer to the social prescribing use **EMIS code 8T09** and book into **Social Prescribing appointment slots** where they are available within practices.

Available Monday - Friday 9am to 5pm

Website: www.gpcaregroup.org

What conditions are covered?

Included

- Have mental health needs
- Have long-term health conditions
- Face housing problems, debt, finding work or relationship problems
- Are lonely or isolated
- Use the NHS the most
- Struggle to engage with services
- Are carers

Excluded

- Clinical Interventions
- Help with mental health illness/ clinical need

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