

## **Beaconsfield Medical Practice: Social Prescribing**

***“Social Prescribing is a (non-medical) service that aims to help people improve both their health and wellbeing. It sees a broad range of people with differing social, emotional and practical needs, helping them access the right resources (e.g., groups, courses, activities, information, social connections, services, support, etc.) to meet those needs.***

**View the ‘What is social prescribing?’ video;**

**<https://www.youtube.com/watch?v=O9azfXNcqD8>**

***Social Prescribing Link Workers can support you to identify what is important to you and to set your own goals. They can then help you explore a range of options, such as groups, activities or services that can support you. Social Prescribing Link Workers go beyond simply providing information. They are able to listen, encourage you to try something new, help you find the right support and resources to meet your individual needs and make referrals for you, where necessary.***

***Claire Baker is our Social Prescribing Link Worker and you can refer yourself by:***

- ***contacting Claire directly on 01273 900423***
- ***OR by completing the online form at: <https://togetherco.org.uk/contact-us> (please add the name of your GP practice in the ‘Message’ box)***
- ***OR you can ask any member of staff at your GP practice to refer you to Social Prescribing.”***