

Beaconsfield Medical Practice Social Prescribing

Social Prescribing is a non-medical service that aims to help people to 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 (eg. 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. Social Prescribing Link Workers go beyond simply providing information. They are able to listen and encourage you to try something new. They can help you find the right support and resources to meet your individual needs and make referrals for you where necessary.

You can find out more by visiting:

<https://togetherco.org.uk/contact-us>

(please add the name of your GP practice in the message box)

Or you can ask a member of staff at your GP practice to refer you to Social Prescribing.