The WGGL Social Prescribing Service aims to connect people to activities, groups and support that could improve your health and well-being. Social Prescribers take time to get to you know what matters to you, and to collaboratively work with you to formulate a plan to link you with services that can improve your wellbeing. Some of the things Social Prescribing can help with are :

* Looking after yourself
* Managing symptoms
* Getting involved with work, volunteering and other activities
* Money worries
* Improving your family life
* Feeling positive and looking after your mental health
* Meeting new people
* Learning new things
* Being more active
* Issues with housing
* Linking you to specialist services

Social prescribers usually offer people a maximum number of 6 contacts. Below is a video with more information about what Social Prescribing can offer:

[**https://socialprescribingacademy.org.uk/what-is-social-prescribing/**](https://socialprescribingacademy.org.uk/what-is-social-prescribing/)

**Please email completed form to** [**gsc.wgglsp@nhs.net**](mailto:gsc.wgglsp@nhs.net) **or hand in to a staff member at reception**

**We aim to contact you within 7 working days**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name** |  | | | | |
| **Date of Birth** |  | **Gender** |  | **NHS Number** |  |
| **Contact Details** |  | | | | |

|  |  |
| --- | --- |
| Doctors Surgery |  |
| Email address |  |
| Date |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Please tick what options below best describe some of the challenges you have or reasons for wanting to access Social Prescribing support.** | | | |
| Isolation/Loneliness |  | Bereavement |  |
| Stress |  | Substance abuse |  |
| Low mood |  | Stopping smoking |  |
| Debt |  | Weight management |  |
| Housing |  | Getting active |  |
| Carer for Dementia |  | Social activities |  |
| Carer for children |  | Benefits |  |
| Carer |  | Education |  |
| Other reason (not listed above) |  | | |
| Any other information you think we should know about? | | | |
| Are there any support services currently involved in your care? ( For example OT Support, Support workers, Family Workers, Dementia Support services etc.) | | | |

Social Prescribing is available to you if any of the following apply:

1. You are over 16 years old
2. You have one or more long-term conditions
3. You need support with your mental health
4. You are lonely or isolated
5. You have social needs which affect your wellbeing.

Social Prescribing may not be suitable for you if any of the following apply:

1. You suffer from severe and enduring mental health conditions unless it’s part of a package of care and has been discussed between the other professionals involved in your care and the Social Prescribing team and all agree it is a suitable referral.
2. You are in palliative care
3. You do not want to engage with the SP service or any external agencies.
4. You are referring yourself mainly for clinical reasons, e.g. Addictions

**Please email completed form to** [**gsc.wgglsp@nhs.net**](mailto:gsc.wgglsp@nhs.net) **or hand in to a member of staff at reception.**

**We aim to contact you within 7 working days, incomplete forms will be returned to you and we may request more information. Thankyou.**