

LETS GET STARTED

GP: Highfield Surgery
Tel: 01253953950



CAB: Citizen Advice
Bureau Blackpool.



Lets Connect: Local
Volunteer Centre - get
involved







CVS: Council for Volun-
tary Service Blackpool




NHS England:
Personalised care -
Social Prescribing







Let's Connect.

If you would like to be referred into the Let's Connect Social Prescribing service please insert your name below and hand this in at your GP practice reception

Name:.....

Once the referral has been submitted a member of the let's connect team will be in contact by telephone

A GUIDE TO... **SOCIAL** **PRESCRIBING**

WHAT?

WHY?

WHEN?

WHO?

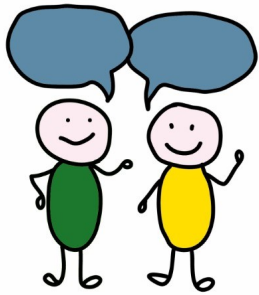
WHERE?

HOW?

"Feeling Lonely?"

"First Step!"

"Need a Little Help?"



WHAT IS IT?

Social prescribing, aka. 'community referral', is the way your GP or other care providers connect you to local services and non-clinical groups. This aims for a personal approach to help with all aspects of your life. The aim is to shift focus of care from illness to **wellness**.

WHAT DOES IT INVOLVE?

You will be referred to 'link workers' who will have a chat with you around your what's and needs. They will link you to local agencies or community groups for bespoke **practical and emotional support**, working with you for 6-12 weeks.

Local classes/session available include:

- Coffee Mornings,
- Advice groups,
- Walking Groups
- Football Groups, etc.

Your link worker will also be able to help with:

- Housing,
- Money/Debt advice (though Citizen Advice), etc.
- Or just someone to listen.

WHO IS THIS FOR?

EVERYONE! All are welcome but especially people who are:

- Feeling **lonely**
- Frequent GP attendees
- Suffering **Mental Health Issues**
- Suffering **Chronic Illness**

If you are currently feeling unwell or suffering from thoughts of suicide or self-harm, you should contact us or a local GP centre as soon as possible.

WHO...

SOCIAL PRESCRIBING

WHAT..

WHERE...

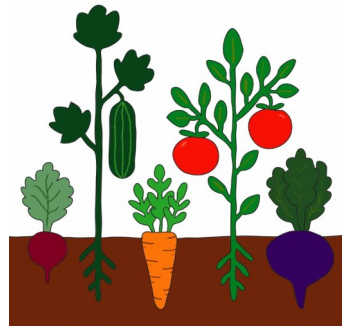
WHERE CAN I GET MORE INFO?

WHY...

Why Should I get involved?

Social prescribing has been shown to:

- Lead to better outcomes for patients
- Improve patients **quality of life**
- Improve access to health opportunities
- Reduce levels of anxiety, depression and isolation
- Increase levels of activeness



HOW.

HOW DO I GET INVOLVED?

When you feel you need some help you can:

- Complete a self-referral card - **SEE BACK!**
- Ask your GP or other medical professional
- Ask your social worker, job centre or local authorities

There are no cost to participants and in some cases funding can be provided.

WHEN...

WHEN SHOULD I GET INVOLVED?

Anytime. When you feel you need some support in any aspect of your wider care.

