

Helping you to be healthy and feel well!

A persons health can be affected by many things.

For example, people may not feel well if they have:

- ◆ **Money problems**
- ◆ **Housing difficulties**
- ◆ **Problems with sleeping**
- ◆ **Working too much**
- ◆ **Been going through a difficult time**
- ◆ **Stress of managing different long term conditions**
- ◆ **Social isolation**

The right help is not always medicines. That's where social prescribing comes in.

We are here to listen to you and put you in touch with the people and activities that might help you to feel better.



CONTACT

To find out how it can work for you go to our website -

New Forest Primary Care Network

<https://www.newforestpcn.co.uk/>



Self-Refer to Social Prescribing

[Click here](#)

Call 01590 648100

Or email us at:

Whccg.nfsp@nhs.net



NEW FOREST
Primary Care Network

Social Prescribing Service

<https://www.newforestpcn.co.uk/>



SOCIAL PRESCRIBING

What is Social Prescribing?

Social prescribing is a way that you can have more control over your healthcare. We can give you the time to discuss what might help you feel better faster, focusing on what matters to you and taking a holistic approach to your health and wellbeing. Maybe connecting to community groups and statutory services for practical and emotional support would be helpful.



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Social Prescribers also support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.

Social prescribing works for a wide range of people, including people:

- With one or more long-term conditions
- Who need support with their mental health
- Who are lonely or isolated
- Who have complex social needs which affect their wellbeing.

HOW DOES SOCIAL PRESCRIBING WORK?

Yourself and/or your GP will agree for you to be referred to a social prescriber.

Together with your social prescriber you will agree a plan to achieve your goals through exploring what's important in your life and the social prescriber will help to identify the services locally that will benefit or help you.

Social prescribers help a wide range of people .

Some of the areas we work with are:

- Healthy Lifestyle
- Weight loss
- Social isolation
- Anxiety and mental health issues
- Long COVID
- Long-term pain management
- New parents
- Bereavement
- Financial difficulties
- Benefits
- How to navigate social systems
- Connecting with your community



Areas that you may be signposted to:

(Including community and support groups local to you)

- ◇ Healthy lifestyle & activity: nutrition, diet & exercise, accessible to all (whatever your current level)
- ◇ Arts, music outdoors & creativity
- ◇ Befriending, counselling & other support groups
- ◇ Housing, benefits, financial support & advice
- ◇ Employment, training & volunteering
- ◇ Education & learning
- ◇ Getting involved in your community
- ◇ Accessing specialist service & support

