



SOCIAL PRESCRIBING

By Andrea Somasundram

What is Social Prescribing

- Social prescribing is a key component of [Universal Personalised Care](#).
- Social prescribing is a way for GP's and practice staff to refer people to a Link Worker Social Prescriber so patients can focus on 'what matters to me'.
- It offers one to one session taking a holistic approach to people's health and wellbeing. We focus on what matters to you, set goals and take realistic steps working together towards a persons desired outcomes. This could include connecting people to community groups and statutory services for practical and emotional support.

How Social Prescribing can help

Refer and Signposting

- Signpost patients to specialist services regarding benefits, debt management and housing issues e.g, Haringey Citizen's Advice, DWP, Engage Haringey
- Connect and refer to local befriending or community groups such as Reach and Connect and Haringey Circle.
- Volunteering and assistance to work schemes
- Be more active or increasing healthy eating opportunities such as OneYouHaringey
- COVID-19 support and advice with general and practical needs such as access to food banks, prescription deliveries

Who is Social Prescribing For?

- People over 18 years old from the GP surgery
- Adults with Mild to moderate or long-term mental health problems
- Patients who are lonely or isolated
- Frequent attenders within either primary or secondary healthcare
- People with complex social needs which affect their physical and emotional wellbeing.




What might be the barriers and challenges?

- Language, culture and religion
- Physical and emotional well being
- Complex needs
- Lack of trust of authorities and intervention services.
- Not knowing about the service

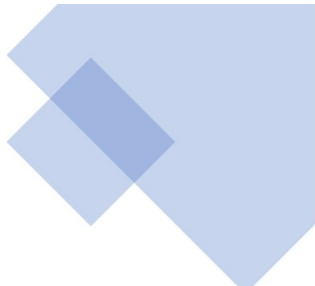

What are the benefits?

- Reduce isolation
- Increased knowledge and self awareness, gain confidence and self empowerment
- Learn new skills
- Develop friendships and network of support






Why I am a Social Prescriber

- Living in Tottenham all my life has enabled me to have a real understanding of the challenges everyday people can face. I have always been a proud resident of Tottenham through its ups and down. My own lived experience have brought about challenges in my life and led me towards working with people to support and empower them to overcome their own.
 - Having first-hand knowledge of the area I am able to signpost or refer patients to many of the open spaces, community groups and activities as well as statutory services. I enjoyed my local beauty spots and historical spaces such as the River Lea, Bruce Castle Museum sharing my knowledge with others.
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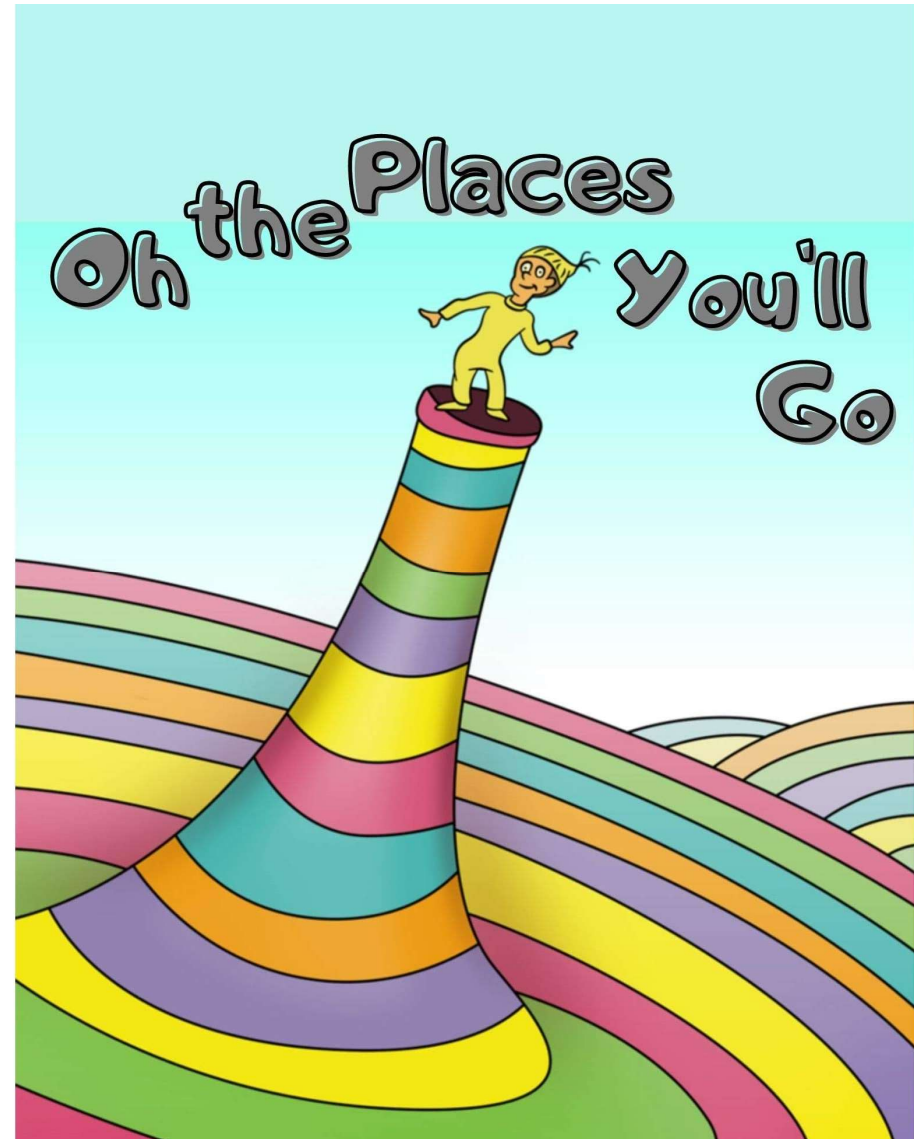
- I am able to promote and encourage people to make use of the local assets within the community. For example :
- Community groups and activities
- Parks, River Lea and Tottenham Marshes
- Local walking and exercise groups
- Libraries
- Volunteering opportunities





Ms X's Social Prescribing
experience

Making new
memories and
living your
best life



Q and A