

## WHAT IS A SOCIAL PRESCRIPTION?

It's a way of matching people to activities, groups, and support that improve health and well-being.

There are often underlying issues where a more practical approach is needed to address unmet needs.

We refer to over 400 organisations, some examples are:

- beekeeping & horticulture projects
- social walking groups
- mental health workshops
- bereavement services
- welfare & benefits support
- grant applications
- food banks & community kitchens
- Aging well services
- Disability support services
- legal advice
- cancer support services
- carer support networks
- parental support groups
- meditation & yoga classes
- exercise groups
- employment support & training and lots more!

## A FEW THINGS TO KNOW

- The service is limited to 18yrs+, however, we can support parents/carers of young people by referring to the relevant services.
- We don't do home visits but we can refer you to CLCH case management who do.
- We are a non-clinical, non-urgent service. We are unable to help with clinical appointments or medication
- We can't organise transport but we can provide you with information on community transport options
- We aren't able to fill in benefit forms (i.e. Universal Credit, PIP, ESA, Attendance Allowance etc) but we can link you in with local services that can help with this
- We are not a replacement for social services and are not designed for crisis situations



social  
prescribing  
merton



# MERTON

## SOCIAL PRESCRIBING

# SERVICE

## WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a way of linking patients in primary care with sources of support within the community. It provides GPs with a non-medical referral option that can operate alongside existing medical treatments to improve health and wellbeing.

Recognising that people's health and wellbeing are determined by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to have more choice and control in how their health and wellbeing is managed and maintained.



## SOCIAL PRESCRIBING TIMELINE



## YOUR APPOINTMENT

- Your appointment can be at your GP practice, over the phone, or via video call - it's your choice
- You may be asked questions to score your wellbeing at the start of your 1st appointment, we will revisit this later to track your progress
- Your link worker can spend up to 1 hour with you to understand your current situation better, find out what matters to you, and which services are best suited to your needs
- If you have multiple issues or support needs, we can schedule follow-up appointments to ensure you're well supported in meeting your goals
- We will link you in with local services by referring, signposting, making phone calls, sending e-mails, or helping you make a self-referral