

WHAT IS SOCIAL PRESCRIBING?



What is a social prescriber?

Working across Bury's GP practices, expert social prescribers help people improve their health and wellbeing. Social prescribing connects people to community activities, groups and services to meet the practical, social and emotional needs that affect health and wellbeing.

How can social prescribing help me?

Mental health

If you are anxious or feeling overwhelmed by life - whether that's due to bereavement, family issues, health, employment or finance - social prescribers can offer help and support. We work with you to produce a personalised plan focusing on 'what matters to me?' Working with your GP practice, community groups and health and social care services, social prescribers are committed to improving your health and wellbeing.

Financial worries

Social prescribers understand that issues with money and debt can be stressful. The team will work with you and national services, such as Citizens Advice and/or Christians Against Poverty, to put a plan in place and help to relieve your worries.

Employment

Whether it's CV writing, interview preparation, IT skills or employment advice, we can connect you to people who can help.

Loneliness and isolation

The link between loneliness, isolation and mental health is well documented. Social prescribers tailor 'social prescriptions' to best meet your needs - from invitations to local drop-in sessions, or activities based on personal preferences, to connecting you to additional healthcare expertise.

Housing and benefits

From liaising with housing associations or Citizens Advice, we co-design plans with you to ease housing, rent and benefit worries.

How to book an appointment

GP practice: any member of the practice staff can refer you for an appointment. Simply contact your GP practice and ask for a social prescriber appointment

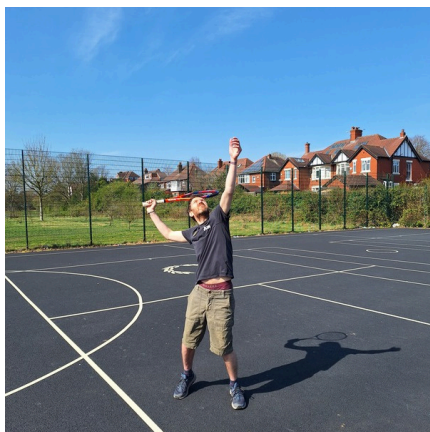
Self-refer: use the self-referral form on our website under social prescribing in 'our services.'

www.burygpfederation.nhs.uk

Email: contact the team directly
gmicbu.socialprescribing@nhs.net



Social prescribers have the time to listen to your worries, explore different options with you, and work towards achieving your health and wellbeing goals. We work to make a difference to your life.



We will complement any medical or other support you are receiving and plan simple steps together to improve your wellbeing.

Our one-to-one conversations are confidential, but the people who matter to you - such as family or carers - can be involved if you would prefer.



Social prescribers will support you through every step of your journey. We will connect you to:

- **the right advice and guidance**
- **the people and services with the expertise to help you**
- **local groups, activities and organisations to make your life better**



ARE YOU FEELING
 Lonely?
 Isolated?
 Anxious?
 Overwhelmed?
 Stressed?
 Depressed?



WOULD YOU LIKE
 To be more active?
 To stop smoking?
 Improved sleep?
 Better nutrition?
 A healthier life?
 To meet people?

**WE
 CAN
 HELP**

ARE YOU WORRIED
 About finances?
 Benefits?
 Cost of living?
 Housing issues?
 Employment?
 Form-filling?



ARE YOU LIVING
 With a long-term
 health condition?
 The impact of
 Covid-19?
 Bereavement?
 Family issues?



Scan the QR code for more information and to access the self-referral form for a social prescribing appointment.

To contact the social prescribing team directly, please email gmicb-bu.socialprescribing@nhs.net