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Linking you
with sources
of support
in the
community

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PARTNERING WITH



St John's
Winchester

CARE IN A VIBRANT COMMUNITY



Community
First



SOCIAL PRESCRIBING GUIDE

APPOINTMENT DATE:

TIME:

Linking you with community support
and activities to improve your
health and wellbeing



St John's
Winchester
CARE IN A VIBRANT COMMUNITY



Community
First

What is Social Prescribing?

Social Prescribing is a way of connecting patients and local people with community-based sources of support, such as exercise classes, art, reading, dance, and more!

Your GP can use social prescribing as a non-medical referral option, working alongside any clinical treatments to improve your health and wellbeing.

Who is it for?

The scheme is for those in the community who feels that they need some support. They may feel or want to

- Improve their health and mobility
- Socially isolated or looking for more social contact
- Lacking confidence
- Needing to find some practical support and information to improve their situation
- Feeling worried, apprehensive or finding everyday life a challenge

Using resources within the community will help you to benefit from meeting other people or taking part in a new activity.



The Benefits

Social Prescribing provides you with opportunities to:

- Learn a new skill, or
- Participate in a new activity
- Improve your mental and physical health
- Meet new people
- Receive social support from others
- Increase your self-confidence and self-esteem

How does it work?

Your GP or other clinician will refer you to a link worker, who will arrange for you to come to one of our Social Prescribing clinics

We will support you to book an appointment for the clinic. Based on your needs and age, you may be seen by a St John's or a Community First link worker who are both working with Friarsgate

At the clinic, your link worker will meet with you to discuss your needs, what your goals are and what options are available

To help achieve your goals, you will begin your chosen activity, group or club with support from your link worker and/or a volunteer

If you require more help, your link worker will contact you to see what has changed, check your interest in continuing with your new activities and to see what further support can be offered

What happens next?

If you are interested in participating in the Social Prescribing programme, talk to your GP or clinician.

