

### Your Social Prescribing Service

**Link Workers** work alongside G.P's and other staff within your local Practice.

The Walsall South PCN are pleased to introduce you to :

**Sameena Jan**

### Do you need support with any of the following?

Loneliness & Isolation  
Health & Lifestyle choices  
Mental Health (Anxiety, Depression, Stress)  
Carer/relative with concerns  
Living with Long-Term Health conditions  
Bereavement & Loss  
Housing issues  
Money worries  
Employment support  
Education access  
Living Independently support  
Access to local community

Contact your G.P Practice today to find out more about the Social Prescribing Service and how it can work for you ...

### Primary Care Networks



# Social Prescribing Service



When you access your local Social Prescribing Service you will be allocated a Link Worker who will be able to support you to explore new services, activities and therapies enabling you to have more control over your own health and well-being.

**NHS**  
England

**NHS**  
Walsall  
Clinical Commissioning Group



#### Practice names:

You can be referred to the service if you are registered at one of the practices below:

Little London Surgery  
Beechdale Health Centre  
Saddler's Health Centre  
Brace Street Surgery (Brace Street Health Centre)  
Dr Kumar & Singh (Brace Street Health Centre)  
Dr Mahbub's Surgery (Brace Street Health Centre)  
Forrester Street Modality Group Sai Medical Centre  
Pleck Health Centre  
Ambar Medical Centre



The Social Prescribing Service is working in Partnership with local GP Practices /Primary Care Network (PCN) to help support patients within the local community to gain access to non-clinical support that can help to improve individuals health and well-being .

## What is the Social Prescribing Service?

The Social Prescribing Service is a new service being offered through your GP Practice to Patients 18 +

Social Prescribing Service is part of the NHS Long-Term Plan to make personalised care business as usual across the Health and Care System.

The purpose of the service is to support you with your non-clinical needs (Physical, Mental, Financial, Educational and Social) and work with you to find the right services and support to help meet your needs.

This could include:



## How can the Social Prescribing Service help you?

Your Link Worker will work with you to develop a personalised support plan focusing on “**what matters to you**” and will provide ongoing support that meets your individual needs and enables you to achieve your goals.

Your Link Worker can support you to gain information, advice, guidance, support, as well as assisting you to access a range of services that meet your needs.



This may include:

- Healthy lifestyle and activity choices
- Arts, music, outdoors and creativity activities
- Befriending, counselling and other support groups
- Housing, benefits, financial support and advice
- Employment, training and volunteering opportunities
- Education and Learning opportunities
- Getting involved in your community
- Access to specialist services and support

## What to expect from your Social Prescribing Service...



### Your Link Worker is ...

Someone to talk to confidentially  
Someone who is practical, helpful and will not judge you  
Someone who can help you decide what you would like to do to improve your health, well-being and independence.  
Someone who can help you find and visit activities, services or therapies of your choice that will meet your needs  
Someone who can support you along the way to feel more comfortable, overcome barriers and work towards a brighter future

