



# FIRST CONTACT CLINICAL

ENABLING HEALTHY CHANGE



## What is social prescribing?

- Social prescribers provide **support** by having conversations about **what matters to you**.
- We can support by helping you **improve** your **social**, **emotional**, and **physical wellbeing**.
- We work closely with you to ensure the **development** of **knowledge**, **skills**, and **confidence**.
- We achieve this by **having 1-to-1 appointments** and can use **skills** to **signpost** and **refer into additional services**.

If you would like to find out more about our service or self-refer to the social prescribing team, you can do so by scanning this QR code calling us on 0191 4329838.



# What matters to you?

## Referral examples

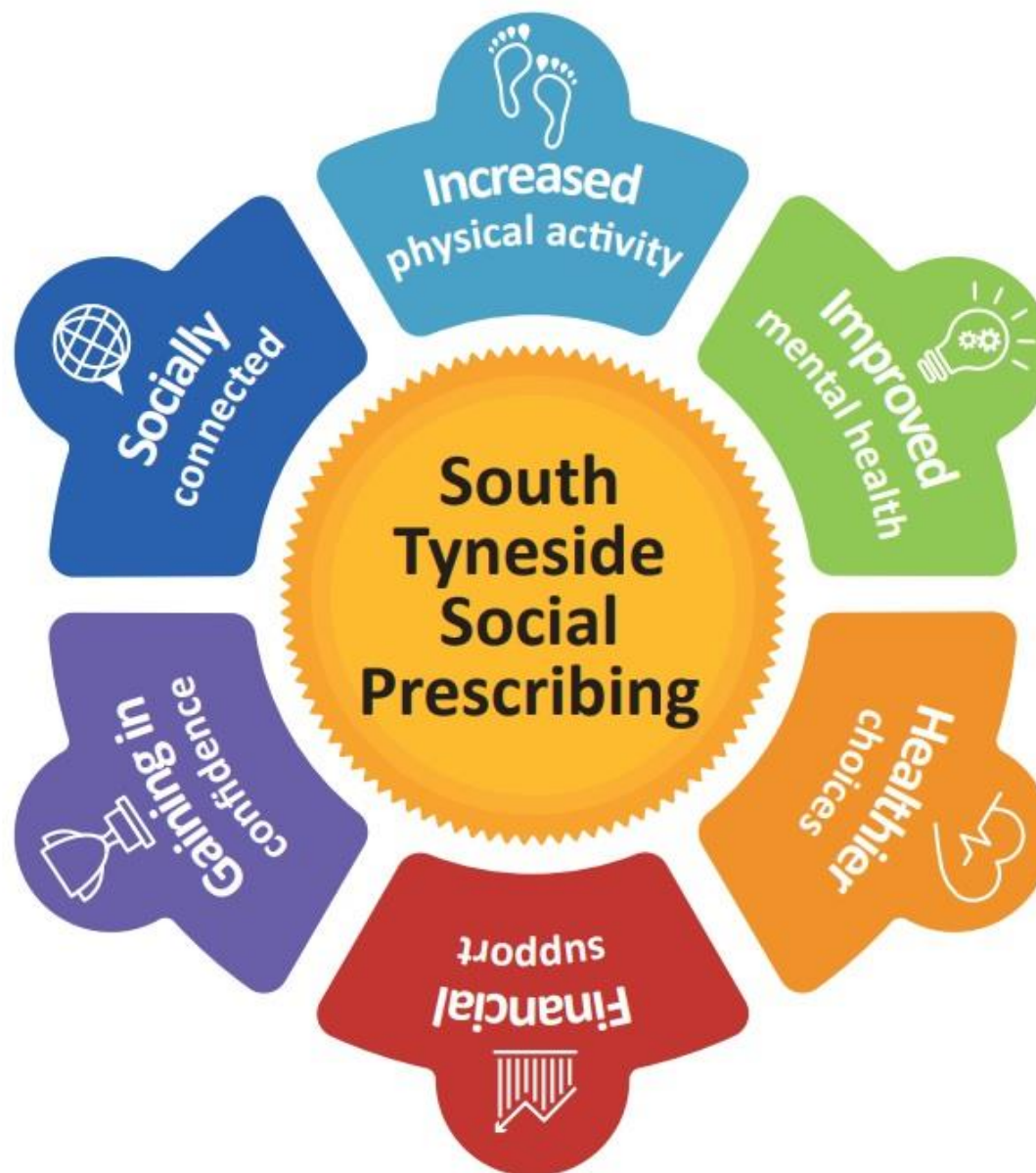
1. Low confidence
2. Low motivation
3. Low mood
4. Weight management

## Referral examples

1. Finding services in local area
2. Peer support groups
3. Looking for hobbies/interests
4. Building/developing new social connections.

## Referral examples

1. Low in confidence and self-esteem
2. Unsure about certain services/support
3. Concerned about a problem you don't know how to address
4. Condition specific support



## Referral examples

1. Support with financial assessments
2. Support with benefits
3. Support with housing
4. Support with employment

## Referral examples

1. Feeling down/depressed, stressed, and anxious
2. Feeling isolated
3. Understanding what changes can improve mental health and wellbeing

## Referral examples

1. Wanting to eat healthier and more balanced
2. Wanting to become more active
3. Wanting to make changes to my smoking habits
4. Wanting to make changes to my alcohol intake