

Social Prescribers can help fix things that can't be fixed by doctors and medicine alone.

Studies show that people get better and feel better faster than those treated with medicine alone. And because it works, it's happening more.

"I thought I was just nothing. Now I feel really good. Every morning I wake up with a smile. I think I've got a bright future as well."

AS on her experience of social prescribing



What is **Social Prescribing?**

The Aylesbury Central Primary Care Network (consisting of Berrycroft Community Health Centre and Whitehill Surgery) are working with Buckinghamshire Mind to provide the Social Prescribing service to your GP practice.

If you think you would benefit from Social Prescribing support, please speak to your doctor or anyone at your practice's staff team about being referred.



What is Social Prescribing?

Many things affect our health and wellbeing. Doctors often see patients who are feeling isolated, lonely or stressed by things such as work, money and housing problems.

Sometimes people need a little help in dealing with the things life throws at them and often they don't know where to turn to for help and support.

That's where Social Prescribing comes in.

The idea behind Social Prescribing is to help you to have more control over your own health and find ways to improve how you feel. It starts with a conversation.

It might be the conversation you've had with your doctor or with another person in the practice team. They will refer you to a Social Prescriber.

What are Social Prescribers?

They will spend time with you at a one-to-one appointment where they will listen to what matters to you and work with you to identify possible solutions.

They can put you in touch with the people and activities that might help you feel better and will give you support along the way.

Your Social Prescriber might introduce you to a community group, a new activity or a local group. Or they might help you find debt advice or counselling services. They might just help you find information and guidance or local resources.

They can accompany you to new groups and services until you feel confident in going alone. They can even support you to create something new, if the kind of service or support you are looking for isn't out there already.

