

THE NHS APP

You can use the NHS App to

- ✓ Get Advice
- ✓ Access eConsult
- ✓ Order Prescriptions
- ✓ Check your symptoms
- ✓ Book appointments
- ✓ Register for Organ Donation
- ✓ Find out how the NHS uses your data

For more information and guidance on how to download the app, please visit

<https://www.nhs/using-the-nhs/nhs-services/the-nhs-app/>

Our Surgeries

- ✓ St Luke's and Botley Surgeries
- ✓ Bitterne Park Surgery
- ✓ Ladies Walk and Midanbury Surgeries
- ✓ Weston Lane and Harefield Surgeries

Eligibility Criteria

- ✓ Aged 16 and over
- ✓ In need of some support, guidance and encouragement to improve your mental or physical health and wellbeing
- ✓ Registered with one of the Living Well Partnership practices

POLICIES

A copy of our privacy policy and zero tolerance policy is available on our website or on request.

CQC Provider Number:
1-199750827

ICO Registration Number:
ZA307775



Living Well
Partnership



SOCIAL PRESCRIBING @LWP

Patient
Information
Leaflet

Connecting you to local services to
improve your
physical and mental wellbeing

023 8044 9913

www.livingwellpartnership.nhs.uk

What is Social Prescribing?

At times we feel 'unwell', 'out of sorts' or 'below par' and a medical prescription is not the answer. What we are lacking is company, interests, or a change of scene to make us feel connected and motivated. Or perhaps we need counselling or more exercise to keep our bodies strong and our minds stimulated.

Our health and wellbeing starts with taking care of ourselves as best as we can.

Ask yourself?

- What do you need to help you feel more in control?
- What could you do to feel happier in yourself?
- Do you need help with housing or benefits?
- Do you want to make new friends?
- Are you aware of what is going on in your local area?
- Where are the exercise classes or social groups you could join?

That's where social prescribing comes in!

Our free Social Prescribing service can provide you with a personal Health and Wellbeing Partner who will help you identify one or more activities to improve your wellbeing and support you in starting it.

How do I contact the Social Prescribers?

You can contact the Social Prescribing Team via eConsult using the link on our website. Select "I want Administrative Help" and reference "Social Prescribing".

If you do not have access to the internet, please call our reception team, who will be able to help direct your query.



How does it work?

One of our Social Prescribers will contact you to chat about your lifestyle and help you to identify activities that will benefit you and help you reach your goals.

The Social Prescribers can help connect you to local services and activities to improve your physical and mental wellbeing.

They can also support you with housing and benefit queries and even claiming food vouchers!



Arts and Crafts



Counselling



Advice and Guidance



Addiction Support



Physical Activity



Housing and Benefits



Eating Well



Meeting People



Stop Smoking Support