

Improve your health with social prescribing



**citizens
advice** North
Lincolnshire



What is social prescribing?

Social prescribing is based on the idea that non-medical problems can affect your health.

For example, having no friends or family can lead to feeling lonely, which in turn can cause mental health problems like depression or anxiety. Or, living in a house with unaddressed damp or mould can cause breathing problems.

Social prescribing looks at all your needs from the different areas of your life, and supports you to take more control of your health and wellbeing.

Around 1 in 5 people who see their GP have problems that medical help alone can't treat.



How does social prescribing work?

In North Lincolnshire, a team of social prescribing link workers are available to help. Together, you can come up with a personal plan that includes:

- 1) what matters to you, such as your values, interests and what motivates you;
- 2) community groups and services that can help you with your problems;
- 3) what practical things you can do to take care of your own health and wellbeing;
- 4) what you can already use to help, such as family, hobbies or skills.

What happens at each step

You explain your problem to a healthcare professional, like a GP or practice nurse, and agree you'd like to try social prescribing



The healthcare professional makes a referral to the social prescribing team



A social prescribing link worker will then be in touch within 3 days of the referral being made



Together you come up with a plan to meet your needs and improve your health. The plan could take between 1 week and 3 months depending on the support you need



You follow the plan, and hopefully start to feel better, as well as seeing improvements in your health and wellbeing

Who is social prescribing for?

Anyone living in North Lincolnshire or registered with a GP in the area can access social prescribing if a healthcare professional thinks they would benefit from it.

Social prescribing can help with a wide range of problems, including:



one or more long-term health conditions



mental health problems that require some support



loneliness and social isolation



loss of confidence or purpose



life changing moments, like career changes, bereavement, or births



poor health due to housing needs or money worries



accessing work, education, training or volunteering



any complex social needs that impact on someone's wellbeing

What are the benefits of social prescribing?

Social prescriptions can be anything, so you can benefit in more ways than just improved health and wellbeing.

Some benefits you could see from social prescribing are:

new friendships and people to talk to through befriending services

better fitness and sporting skill through sport activities and clubs

a healthier diet and improved cooking through cookery and nutrition lessons

new skills or abilities through skills sessions, hobby groups and courses

a connection to the community through volunteering opportunities

better quality of life through advice on debt, benefits, housing, or employment

Our link workers can help you take more control of your health and wellbeing by connecting you to activities or support that meet your needs and matter to you.

This service is **completely free** to those who use it, so there is no need to worry about the cost. It is also voluntary, so if you decide it isn't for you, then **you can opt out at any time.**

Citizens Advice helps people find a way forward.

We provide free, confidential and independent advice to help people overcome their problems. We are a voice for our clients and consumers on the issues that matter to them.

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