

## How can I access Social Prescribing?

- Your GP or a member of the Surgery team are able to refer you to our Social Prescriber.
- Alternatively you can scan the **QR code below** and complete a short self-referral form.
- You can also email our Social Prescriber on: [sarah.sylvester4@nhs.net](mailto:sarah.sylvester4@nhs.net)



Your local Social Prescriber covers the following surgeries:

- **Victoria Medical Centre**
- **Downlands Medical Centre**
- **Manor Park Surgery**
- **The Beacon Digital First**

## Some of the Advantages of Social Prescribing

- Better Quality of Life
- Improved Mental and Emotional Wellbeing
- Lower Levels of Depression and Anxiety
- Empowering People to Improve their Health

**Your local Social Prescriber is:**

**Sarah Sylvester**  
[sarah.sylvester4@nhs.net](mailto:sarah.sylvester4@nhs.net)



Available  
Monday - Friday  
(9am to 5pm)

# VPCN

Victoria Primary Care Network

## Social

# Prescribing

Victoria PCN

# NHS

**“Supporting you to take control of your health and wellbeing.”**



## What is Social Prescribing?

Social prescribing connects you to community groups, activities and services for practical and emotional support, giving you time to focus on 'what matters to me'.



Social Prescribing supports you by looking at factors that are having an impact on your health and wellbeing, and working together to identify opportunities for you to take control.



## Who is it for?

A number of things can impact our health and wellbeing; finances, relationships, lack of social opportunity, stress, housing issues, to name a few.

These problems cannot often be solved by medicine or clinical help alone. This is where Social Prescribing may be able to help.



Social Prescribing can work for a wide range of people, including those:

- With one or more long-term conditions.
- Who need support with their mental health.
- Who are lonely or isolated.
- Who have complex social needs which affect their wellbeing.

## What can I expect?

- Your Social Prescriber will initially get in touch with you by telephone to introduce themselves and arrange an introductory appointment.
- At your introductory appointment, your Social Prescriber will take the time to listen to your circumstances and what is important to you.
- Your Social Prescriber will offer you up to six sessions of support, reviewing your progress along the way.
- During the process, we will focus on what's important to you, working together to identify opportunities to improve your health and wellbeing and setting goals.
- Contact can be maintained in a number of different ways, this will be discussed during your initial appointment to identify what best suits your needs.