

# SOCIAL PRESCRIBING

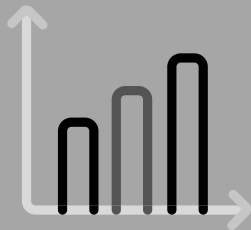
The aim of the Social Prescribing Service is to link patients into local services, groups and activities that will be beneficial for their health and wellbeing.

This is achieved by providing patients with information and guidance on how to access these resources and making referrals on behalf of the patients where necessary.



## AREAS OF SUPPORT:

- Healthy Lifestyles - Smoking, Alcohol, Healthy Diet etc..
- Physical Activity - Increasing levels of Physical Activity/Exercise
- Social Isolation - Befriending, Community Groups and Activities etc...
- Benefits & Welfare - Housing, Debt, Finances, Carers etc...
- Employment - Job Searching, Confidence Building, Volunteering, Courses



## BENEFITS:

- Improved quality of life and emotional wellbeing.
- Reduced use of NHS services including GP appointments
- 59% GP's believe Social Prescribing can help reduce their work load

**ASK YOUR GP ABOUT THE SOCIAL  
PRESCRIBING SERVICE AT YOUR NEXT  
APPOINTMENT**



Referrals can be sent via email to  
**[sheffieldccg.SP.CityPCN@nhs.net](mailto:sheffieldccg.SP.CityPCN@nhs.net)**

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FOR THE COMMUNITY