

Your Link Worker is there to listen to you and put you in touch with the people and activities that might help you to feel better.

Improve your physical and mental wellbeing

For further information please email bnssg.gordanomendipsp@nhs.net

If you would like this leaflet in an alternative format please get in touch

Gordano & Mendip Social Prescribing Service

Provided by Curo and Gordano & Mendip Primary Care Network

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NHS



Gordano & Mendip Social Prescribing Service

What is Social Prescribing?

A social prescription offers the kind of help that doesn't come in a tube or a bottle. 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 in a way that suits you.

Why do we offer Social Prescribing?

Many things affect your health and wellbeing. A lot of people visit their Surgery feeling isolated, lonely or stressed. Studies show that patients with social prescriptions get better and feel better faster than those treated with medicine alone.

How does it work?

Social prescribing often starts with a conversation between you and someone at the Surgery who can refer you to someone who can help – your local Link Worker. Your Link Worker is there to listen to you and put you in touch with the people and activities that might help you to feel better. They will work with you to understand what matters to you to improve your physical and mental wellbeing, for example:

- Befriending, counselling and other support groups
- Arts, gardening, creative activities and outdoors
- Advice and guidance
- Healthy lifestyle advice and physical activity
- Meeting people / local groups and activities
- Accessing specialist services and support

It could even be some support to create something new such as a fishing group or gardening club.

What happens next?

Once you have been referred to your local social prescribing service, your Link Worker will get in touch with you within a couple of working days for a friendly chat. They'll take the time to listen to you. They'll ask you what you need and want to happen. They can also make lots of helpful suggestions so don't worry if you're not sure what to say. They will then put together an action plan together with you to help you feel better.

Who can use this service?

This service is available to any adult registered at a Surgery in the Gordano & Mendip Primary Care Network, covering Portishead, Pill, Clevedon, Wrington, Yatton, Langford, Churchill and surrounding rural areas.

Who provides this service?

This social prescribing service is funded by the NHS through Gordano & Mendip Primary Care Network. It is provided by Curo who have already run similar services in North Somerset and South Gloucestershire.
