

ACCESSING THE SOCIAL PRESCRIBING SERVICE:

- The appointment is at your GP surgery and can last up to 1 hour
- You can have up to two further follow up appointments to chat about how things are improving for you
- You may be asked to complete a Wellbeing Tool during your appointment(s), this is just so we can make sure we have covered everything and to measure your progress
- If you are registered to a Merton GP practice, you can ask your GP on how to be referred to the Social Prescribing Service.
- Alternatively, visit www.mvsc.co.uk/SocialPrescribing for more information on which practices are currently running the service.



A FEW THINGS TO KNOW:

- The service is limited to 18+, however we can still provide support to parents of children under 18 by referring to the appropriate organisations.
- We don't do home visits at the moment, but we can refer you to CLCH case management team who do.
- We help you find services outside the health system, so we are unable to organise medical appointments and advise you speak with your GP/healthcare professional.
- We can't organise transport but we can provide you with more information on community transport options.
- We aren't able to fill in benefit forms (i.e Universal Credit, Employment Support Allowance, PIP etc) but signpost to places that can support you with this.
- We are not a replacement for Social Services and are not designed for crisis situations.



"I knew I should exercise more, but its to motivate yourself on your own and I hate the gym. The social prescribing coordinator gave me information on health walks, and a friendly beginners running club. I am finding it easier to get motivated".

MERTON SOCIAL PRESCRIBING SERVICE



Support in the community that can make life more enjoyable



WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a way of linking patients in primary care with sources of support within the community. It provides GPs with a non-medical referral option that can operate alongside existing treatments to improve health and wellbeing.

“Studies show that individuals who are treated with social prescription get better and feel better faster than those treated with medicine alone.”

– Healthy London Partnership



WHAT DOES THE SERVICE OFFER?

There are lots of resources and services across Merton that can support people with meeting others, learning new skills, try different activities, make positive lifestyle changes, get out and about and help manage their health better.

The Social Prescribing Service helps people (aged 18 and over) find these opportunities as where to look can sometimes get in peoples way.

Giving you information/sign post to resources, service and groups that are available, including online digital resources

Helping you access a service or group by making a referral for you, linking you up with someone who can help, making phone calls, sending emails or helping you to self-refer

Helping you understand your rights, make informed choices about services or issues that matter to you

Providing follow up support where needed to ensure you are keeping on track with where you want to be



Social Prescribing Coordinators can help link you to local groups and activities, help you make positive lifestyle changes, learn new skills and refer you into community health services and social care if necessary.

Social Prescribing Coordinators can also provide you with information on topics such as employment, training, benefits, housing, legal advice and signpost you to the relevant support available.