

HAVANT & WATERLOOVILLE PRIMARY CARE NETWORK SOCIAL PRESCRIBING LINK WORKER TEAM



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Social Prescribing can help you with the things that can't be fixed by doctors and medicine alone. The idea behind social prescribing is to help you to have more control over your own health and wellbeing and find ways to improve how you feel in a way that suits you.

The Link Worker is there to listen to what is important to you and put you in touch with people and activities that might help you to feel better. They can support and guide you to be introduced to a community group, a new activity or a local club. It could be links to legal advice, specialist services or local care support. It might just be a bit of inside knowledge on your situation and what local resources are available.

All of this will take commitment from you. By working together you can look at your purpose, future plans and ways of changing your current situation. This in turn will help to improve how you are feeling, gain more confidence and build your resilience even further.

A social prescribing appointment will last for 30 minutes, giving you time to talk about **'what matters to you'**. This may be on the phone or perhaps you will be invited into the surgery for a face-to-face appointment. Follow up appointments or phone catch-ups will be made with you as required, depending on what guidance and support you need.

The Link Worker can also support you if you need help to make that initial step. Perhaps you need support to attend a group, or make a phone call to gain information or request a service.

We are now taking self-referrals from patients and would be delighted to meet with you and talk about 'what matters to you'

Ask your Reception Team for an appointment