

They play an important role in helping patients connect with non-medical sources of support within their community. These sources may include local groups, charities, and other services that can provide practical assistance, emotional support, or advice on issues such as finance, housing, and employment. Working closely with GPs, nurses, and other healthcare professionals to identify patients who may benefit from social prescribing and to provide them with tailored support. By working with patients to improve their overall wellbeing Social prescribers can help to reduce demand on primary care services, enhance patient outcomes, and promote more joined-up, patient-centred care.



Take the First Step Towards a Healthier, Happier You!

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Our Social Prescribing service is committed to connecting you with the support you need to enhance your health and wellbeing.

Social Prescribing

Connecting You to a World of Support to Health and



**Social
Prescribing**



What is Social Prescribing?

Social Prescribing is an important part of Universal Personalised Care. It is an approach that connects individuals to activities, groups, and services in their community to address the practical, social, and emotional needs that impact their health and well-being.

Local agencies, including charities, social care, and health services, refer individuals to a Social Prescribing Link Worker. These Link Workers take the time to understand "what matters to me?" and work collaboratively with individuals to create a personalized care and support plan, empowering them to take control of their health and well-being.

Social Prescribing Link Workers also support existing community groups to be accessible and sustainable while helping individuals start new groups, fostering collaboration with all local partners.

Why Choose Us for Social Prescribing Support?

We understand the importance of personalized support that focuses on your unique needs. Here's why you should choose us:

1. Holistic Approach: We take a holistic approach to Social Prescribing, considering all aspects of your well-being, including physical health, mental well-being, and social needs. Our goal is to address the root causes of your health concerns and improve your overall quality of life.

2. Collaborative Care: We work in collaboration with local agencies, charities, and health services to ensure you have access to a wide range of support options. By forging strong partnerships, we can connect you to the most suitable activities, groups, and services in your community.

3. Expert Guidance: They will take the time to understand your needs, co-produce a care plan with you, and support you every step of the way.



Who Can Benefit from Social Prescribing?

Social Prescribing is a comprehensive approach that benefits a wide range of individuals, including:

- Those with one or more long-term conditions, seeking support to manage their health effectively.
- Individuals experiencing low-level mental health issues who require additional support and guidance.
- People feeling lonely or isolated, who would benefit from connecting with their community.
- Individuals with complex social needs that impact their overall well-being.

If you fall into any of these categories or have other concerns affecting your health and well-being, our Social Prescribing service is here to support you.