



Southampton Primary Care Ltd.

Social Prescribing



“Medicines can treat symptoms, but restoring quality of life sometimes needs a broader approach”

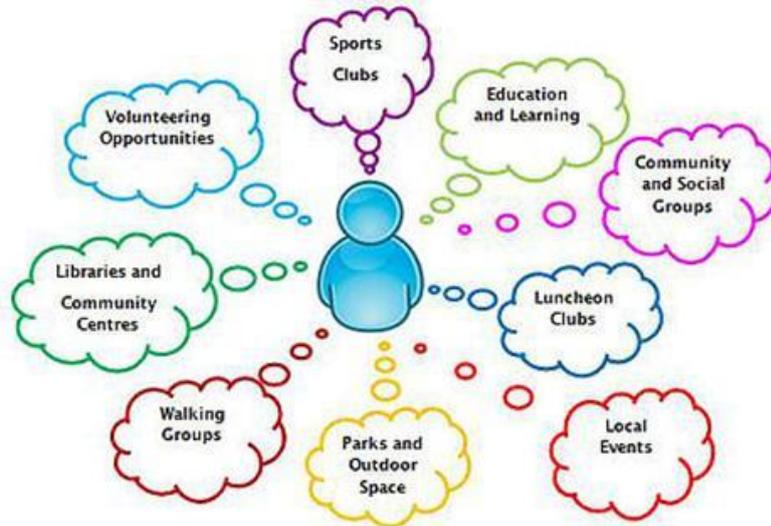
Our Health can be affected in many ways, everyday worries, issues and concerns can impact on our well-being. Our Social prescribing is here to support the non-medical aspects of health – good relationships, a feeling of purpose and your mental health. We aim to work with you to improve your health and wellbeing with our complete approach to healthy living.

Our aim is to explore and work with you to find suitable activities and social support to improve your health and sense of wellness.



Together we will:

1. Explore what is important for your life and wellbeing
2. Identify the local activities and services you can benefit from
3. Gain support and encouragement to start using services that can help you



Our Team offer someone:

- to talk to confidentially
- who is practical, helpful and who will not judge you
- who can help you decide what you'd like to do to feel healthier
- who can find you activities that will suit you and, if you want, who can go along with you to them to start with so that you don't have to go on your own
- who can advise you on how to arrange appointments with medical services at times that suit you
- who can give you support along the way

If you would like help to be more active, to meet new people, need housing or financial advice but don't know where to start, then our 1:1 local service could be for you.



Go to our website and either e mail or ring us and the administrative team will book a telephone appointment with one of our social prescriber to start the process.

Website: <https://southamptonprimarycare.org.uk/>

Telephone: **02380 170 610**