



Accessing Social Prescribing Services

For more information on **SPRING Social Prescribing** contact:

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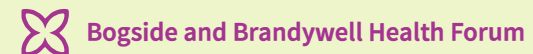
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A Community Approach to Health & Wellbeing

SPRING Social Prescribing helps people aged 18+ to address; **social, emotional** and **practical needs**, by connecting them to sources of support within their community to improve their **health & wellbeing**



How does SPRING Social Prescribing work?

SPRING Social Prescribing enables a GP or Primary Health Care professional to refer patients who suffer from; social isolation, low mood, mild depression, long term conditions or physical inactivity to community support programmes and activities. These can include:

- **Social clubs**
- **Physical activities**
- **Arts & Crafts**
- **Counselling**
- **Peer support groups for those with long term conditions**
- **Advice and guidance**
- **Volunteering groups**

The process ▼

- 01 A **G.P or Primary Health Care professional** makes a referral to a **Social Prescriber** based in the community.
- 02 The **Social Prescriber** and the **client** arrange a 1-1 meeting to discuss individual support needs.
- 03 The **client** is supported to engage in suitable community-based activities and services.
- 04 The **Social Prescriber** provides on-going support throughout the **client's** journey to improved health and wellbeing.

Who benefits from SPRING Social Prescribing?

Clients

SPRING Social Prescribing addresses the individual needs of a person using a holistic approach to health. A social prescription is an alternative support which empowers people to take greater control over their own health and wellbeing. Clients experience many health benefits such as; better social connections and improved physical and mental wellbeing.

GPs and Primary Health Care professionals

GPs and Primary Health Care professionals refer patients to trusted community-led health organisations for non-medical support. Progress reports are provided on patient engagement and improvements in health and wellbeing. This encourages self-management and potentially reduces the demand on some clinical services.

Communities

SPRING Social Prescribing connects a variety of non-clinical, local support programmes and services. This helps people to make healthy choices, strengthen their resilience and stay connected to their community. Social Prescribing enables community organisations to respond to the identified needs within the communities they serve.



Client Testimonial

Alice* aged 35 was suffering from loneliness and a low mood. Alice made an appointment with her GP who recommended a Social Prescription. Alice met with a Social Prescriber and decided to join a social café and a ladies swimming group.

Alice states:

Everything was black before, but now I see colours. Social Prescribing really helped me to get back into my community and I've met new friends. I'm feeling so much better now.