**Health and Wellbeing Advisor (Social Prescribing)**

**What is Social Prescribing?**

Many things can affect your health and wellbeing; you may be feeling isolated, lonely or anxious, or want to meet people at a community group or start a hobby. A Health and Wellbeing Advisor may be able to help you.

Health and Wellbeing Advisors work together with patients to focus on what matters to them. They connect people to community groups, agencies and charities for support, advice and companionship.

Social Prescribing is part of the NHS long-term plan to make personalised care prevalent across the health and care system. Personalised care means people have options over the way their care is delivered based on what matters to them and their individual strengths and needs.

This represents a new relationship between patients, professionals and the health and care system. It provides a positive shift in power and decision making that enables patients to feel informed, have a voice and be connected to each other and their communities.

**What support could be offered?**

**Health and Wellbeing Advisors can help with:**

• Loneliness/social isolation
• Helping promote healthy lifestyle choices
• Mobility/balance-reducing trips and falls
• Exercise
• Getting out and about
• Meeting others
• Emotional wellbeing
• Bereavement support
• Supporting other life changing events (i.e. moving house, retirement, births)
• Getting back to or accessing work
• Volunteering opportunities
• Help with housing or housing conditions
• Learning new skills/finding new hobbies
• Accessing music, arts, crafts, gardening groups

**How could I benefit from Social Prescribing?**
• Increase in confidence and self-esteem
• Reduce loneliness/social isolation
• Meet new people
• Gain a sense of belonging
• Improved mental health
• Gain independence
• Get involved in your local community
• Learn a new skill/find a new hobby
• Improve physical health
• Improved quality of life
• be able to feel more confident when out and about

**How it works**

A Health and Wellbeing Advisor can arrange to meet you in your own home, in a common place like a local coffee shop or at your own GP Surgery.

\**Please note due to the ongoing Covid-19 Pandemic face to face services may be temporarily unavailable, however the Health and Wellbeing Advisors can still offer support on the telephone or via a video consultation\**

The meeting will be confidential, non-judgmental and casual. Together you will discuss your interests and what is important to your life and wellbeing and which activities, services and/or charities along with other services may benefit you. The Health and Wellbeing Advisor will continue to support and encourage you along the way, including attending introductory groups so you don’t have to take the first steps on your own.

**Who is my local Health and Wellbeing Advisor?**

**Deborah Coleman works at:**
Elm Tree Surgery Shrivenham
Eldene Surgeries
Ridgeway View Family practice
Station House Surgery
Victoria Cross Surgery

Deborah splits her time between all of our surgeries. This service is free and available to patients 18 and over. If you feel you would benefit from speaking to a Health and Wellbeing Advisor than you can contact Deborah by telephone at your GP surgery or by email: Deborah.coleman@nhs.net

**Health and Wellbeing Advisors ARE NOT medically trained and therefore cannot give any advice regarding conditions, symptoms, diagnoses or medication.**