

What people have said about Social Prescribing:

"It was a great help and made a real difference to my mood."

"I really enjoyed Tai Chi – it's great being part of a wider group and being with these wonderful people. Not only has it helped me with my balance it's helped bring my confidence back."

"It's just very reassuring to know you are there if I need anything, I am no longer alone."

"My SP was an absolute pleasure to deal with. Very understanding & pre-empted a lot of issues I may face in the future."

"It's good to find a non-medical person that one can talk to face to face. They came up with suggestions and prompted me to look more widely. I was encouraged to do things which I had left behind."

"Just talking through my stress with you has helped me realise that my issues are mainly focused on work. If I can sort this out, everything else should fall into place."

"Good to know that there was someone in the background to help and answer questions. My SP was caring and you could tell it wasn't just a job to her."

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Social Prescribing

Linking you with community activities to improve your health and wellbeing




"95% of service users would recommend social prescribing to their family and friends"

How can social prescribing help me?

Social Prescribing could help if you are experiencing any of the following:

- Feeling lonely or looking for more social contact.
- Wanting to improve your physical health through exercise or healthy eating.
- Lacking confidence.
- Needing some practical support and information to improve your situation, for example, help with form filling, or information and guidance about benefits or finances.



Linking you with community activities to improve your health and wellbeing

For example, Bill has been feeling depressed since his wife died (he was her full-time carer). He is prescribed an anti-depressant but would like to get out of the house and to regain some purpose in his life.

The Social Prescriber has the time and skills to help Bill find a range of activities and services available in the local community. For Bill this might be:

- a health walk for exercise, fresh air and company,
- joining the local Men's Shed to share his skills with others or
- being put in touch with a local bereavement cafe for some emotional support.

"a bit of support and talking goes a long way"



How do I find out more?

Your GP, healthcare practitioner or social worker may recognise that you would benefit from some additional support to improve your health and wellbeing. With your consent, they can refer you to the Social Prescribing service.

If you would like to be referred, please speak to someone in your GP surgery's reception team.

What happens next?

Once we receive a referral, we will contact you by phone or email to make an appointment. The first appointment with the Social Prescriber will last up to an hour and you will be encouraged to look at things you would like to change. This can help you identify areas in your life where local activities, support and advice could help you feel better, more confident or more able to manage a health condition.

Jo, a young woman living alone and with long-term anxiety and depression was referred to a social prescriber by Talking Therapies. After discussing where she would like to make changes, she was signposted to several organisations including Compass Recovery College and Sport in Mind for support with her mental health. She was told about advice agencies which could help her access benefits. We kept in touch and updated her with information that we felt would be useful. In the follow up meeting she reported that she had received support from several of these services and that they had made a real difference in several areas of her life.



"the self management course changed everything for me... if it wasn't for you I would not have known anything about the services that were out there"