



When life throws those difficult problems we can help you through them.

How can the Social Prescriber help me?

Social Prescribing helps different people in different ways, as it is a very personalised process.

However, it always starts with a conversation about what is important to you. We can support you with a range of issues including:

- Loneliness
- Life changes (such as birth, bereavement etc..)
- Coping with long term health conditions
- Housing problems
- Accessing work, training & volunteering
- Financial management
- Loss of confidence
- Mental health & wellbeing

"You really have made a difference to my day, and I couldn't praise you enough to the GP!"

"I don't normally let things like this get to me, but it just feels so good to share my problems with someone else. It almost makes them more manageable"

What is Social Prescribing?

A lot of things affect our health and wellbeing and our GP's work very hard to look after our physical and mental health.

However, sometimes there are other issues that are difficult to deal with that cannot be solved by medication or medical treatments.

Social Prescribing is here to support you with these problems. We give you time, compassion and a safe space to find out what really matters to you.

How does the service work?

Your GP Surgery will send a referral to our team and we will contact you to talk about our service.

We will book an appointment for you to come and see us at your GP practice or have a chat over the phone.

During our time together we will talk about what matters to you, and what support you feel like you need.

Am I eligible for this service?

You are eligible for this service if:

- You are over the age of 18
- You need some support and encouragement to improve your physical or mental health and wellbeing.
- You are a patient at a Redditch or Wythall GP Surgery.

How do I access this service?

Simply speak to the staff at your GP Surgery. Our Social Prescribers offer regular clinics at all the GP surgeries across Redditch & Wythall.

GP Surgeries that can refer you

Redditch GP Surgeries:

The Dow Surgery
Elgar House Surgery
Hillview Medical Centre
St Stephens Surgery
Maple View Medical Practice
The Bridge Surgery
Winyates Medical Centre
The Medical Centre Crabbs Cross
Crabbs Cross Surgery
The Ridgeway Surgery

Wythall GP Surgeries:

Hollyoaks Medical centre
Hollywood Medical Practice

