

Five Ways to Wellbeing

Evidence suggests there are five simple actions which can improve well-being in everyday life. They are:

Connect - with people around you, family, friends and neighbours.

Take Notice –Take a moment to stop and appreciate something around you.

Be Active—Step outside, go for a walk, play a game, do an activity you enjoy.

Give—Do something nice for a friend or stranger. Thank someone, smile, volunteer your time.

Keep Learning—Try something new, rediscover an old interest, sign up for that course.



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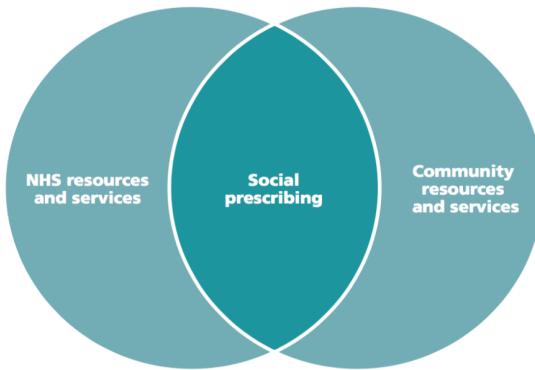
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Social Prescribing

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What is Social Prescribing?

Social Prescribing is a way of enabling your GP, nurse or other primary care professional to refer people to a range of local, non-clinical services.

Recognising that people's health is determined by a range of social, emotional, economic and environmental factors; social prescribing looks to address this in a holistic way. Importantly, it also aims to support individuals to take greater control of their own health.

Social prescribers are there to listen to you, and put you in touch with people and activities that might help you to feel better.

How does it work?

Your GP or nurse will refer you to meet with a Social Prescriber. Once referred, the Social Prescriber based at the surgery will contact you to arrange an appointment.

You will have time to talk and focus on 'what matters to me', to help you feel happier and healthier.

That might mean being introduced to a community group, a new activity or a local club. It could be information and guidance; a bit of inside knowledge on your situation and what local resources are available.

Working together you can build an action plan based on what matters to you and what outcomes you wish to achieve. The Social Prescriber will then refer or introduce you to various sources of support with the community.

You will have ongoing support from the social prescriber so that you can review your action plan and chart your progress, changing it if needs be.

Does social prescribing work?

Yes—Evidence suggests that Social Prescribing can lead to a range of positive health and well-being outcomes. Studies have pointed to improvements in areas such as quality of life, emotional wellbeing and mental and physical health.

Benefits include increased self confidence and self esteem, meeting new people, learning a new skill and engaging in your local community.

However, it is important to understand that this is a long term process not a quick fix. You need to be actively involved to see results.



Public Health England—Health Matters