

# HOW TO CONTACT US

Please use the details below to contact the team directly. We accept self-referrals. Alternatively, your GP practice will be able to put you in touch with us.



Phone  
01308 428943



Email  
[jcsocialprescribing@dorsetgp.nhs.uk](mailto:jcsocialprescribing@dorsetgp.nhs.uk)



## SOCIAL PRESCRIBING

Non-clinical wellbeing support for patients of Ammonite Health Partnership, Lyme Bay Medical Practice and Barton House Medical Practice

JURASSIC COAST PCN



# WHO WE ARE

We know that taking care of our health involves more than just medicine. We focus on personalised care and concentrate on what matters to you.

Social Prescribing gives people the opportunity to make connections in their area for support, new activities or ways to help boost their wellbeing in a non-medical way.

Patients are connected to community groups and statutory services for practical and emotional support.

This service is for you if:

- You need support for mental and physical health issues such as anxiety, smoking cessation and healthy eating
- You are feeling isolated and want assistance in becoming more involved in your community
- You are struggling with work, housing or money worries



# WHAT WE HELP WITH

01. Social Isolation & Loneliness
02. Mild to Moderate Mental Health Concerns
03. Managing Long Term Conditions
04. Emotional Wellbeing & Life Changing Events
05. Loss of Confidence / Purpose
06. Carer Support
07. Chronic Pain
08. Healthy Lifestyle Choices
09. Work, Housing or Money Worries

## WHEN YOU ARE REFERRED:

- Your Link Worker will call you to have a chat about the service and arrange a first appointment.
- At your first appointment you'll be able to talk about your life, how things are going and share what's important to you.
- This will enable you to develop a plan together to work toward better health and wellbeing.
- Your Link Worker will connect you to organisations and sources of support in the community and refer you to other organisations where agreed and appropriate.
- You will work with your Link Worker for around six sessions over an agreed time scale of up to a year.

