

## **Social Prescribers**

### **How a Social Prescriber Can Help You and What They Do**

TMGP has a Social Prescriber as part of the healthcare team. A Social Prescriber works with patients to improve their wellbeing by helping them access practical, social, and emotional support within the community, focusing on what matters most to you and the goals you would like to achieve. They provide time to listen, understand your situation, and help you explore options that may improve your health and quality of life.

#### **They may:**

- Help you identify personal goals and priorities
- Listen without judgement in a safe and supportive environment
- Ask open questions such as: “What would you like to be different?”
- Support you to make choices that feel realistic and meaningful
- Offer guidance rather than instructions
- Build trust through consistent, respectful, and compassionate support

How Can They Support Patients?

**A Social Prescriber can connect patients with local services, activities, and community support that may help and together, you can explore opportunities such as:**

- Loneliness or social isolation
- Stress, anxiety, or low mood
- Financial or housing concerns
- Long-term health conditions
- Lifestyle changes and wellbeing
- Increasing confidence and independence
- Community groups
- Exercise or wellbeing classes
- Volunteering opportunities
- Social activities
- Support organisations and local services

The Social Prescriber will work alongside you to decide what support is most suitable for your needs and interests. Their role is to empower you to take positive steps towards improving your wellbeing at a pace that feels comfortable for you. If you feel you may benefit from speaking with a Social Prescriber, please contact the surgery reception team for more information.

**This Information is available in other accessible formats – please ask at Reception.**