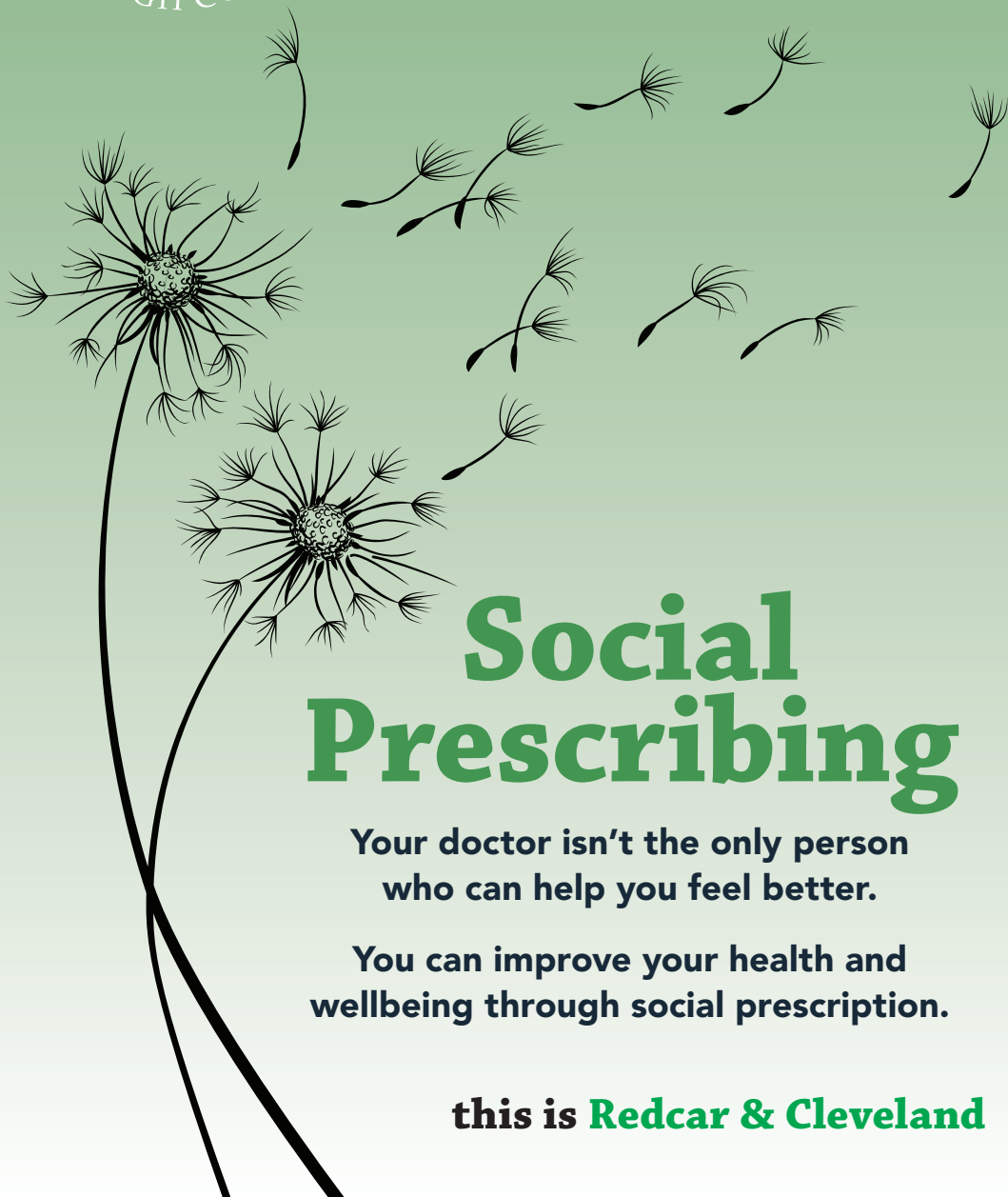




SHORT TERM SUPPORT FOR  
LONG TERM SOLUTIONS



# Social Prescribing

Your doctor isn't the only person  
who can help you feel better.

You can improve your health and  
wellbeing through social prescription.

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The **Social Prescribing Support Practitioner** helps you explore extra services that may support you to improve your health and sense of wellness.

The **Social Prescribing Support Practitioner** will aim to contact you by telephone to discuss what matters to you. They may invite you to come and see them at the GP practice or arrange to meet you elsewhere.

**Social Prescribing can provide short term support with:**

- Social Isolation
- Loneliness
- Emotional Wellbeing
- Accessing local groups & activities
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Financial issues
- Substance/alcohol misuse
- Domestic abuse
- Accessing work, training and volunteering

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A black and white line drawing of a dandelion seed head on the right, with several seeds blowing away to the left. The stems of the dandelion are long and thin, curving upwards. The background is a light green gradient.

**With Social Prescribing we can link you into local services or activities that will help you to:**

- Improve your mental & physical health
- Meet new people
- Learn a skill or participate in a new activity
- Increase self confidence and self-esteem
- Have a better quality of life
- Get involved in your community

## How do I access the service?

It's simple. You can talk to your GP or surgery staff or ask at reception to be referred.



**The Green House Surgery**  
Redcar Primary Care Hospital  
West Dyke Road  
Redcar  
TS10 4NW

**Huntcliff Surgery**  
Bath Street  
Saltburn  
Cleveland  
TS12 1BJ

**The Ravenscar Surgery**  
Redcar Primary Care Hospital  
West Dyke Road  
Redcar  
TS10 4NW

**Bentley Medical Practice**  
Redcar Primary Care Hospital  
West Dyke Road  
Redcar  
TS10 4NW

**The Saltscar Surgery**  
22 Kirkleatham Street  
Redcar  
TS10 1UA

**The Coatham Surgery**  
Coatham Health Village  
Coatham Road  
Redcar  
TS10 1SR

**Zetland Medical Practice**  
Windy Hill Lane  
Marske by the sea  
Redcar  
TS11 7BL

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