

The Support Practitioners at The Green House Surgery are:

Emma Hines

&

Rob Campbell



Jane Cousins

&

Judith Somodi-Spence



Patient Information Leaflet



Social Prescribers can be contacted via your GP Practice reception, GP and Health care staff.

The Green House Surgery

Redcar Primary Care Hospital

West Dyke Road Redcar, TS10 4NW

Phone: 01642 475157

Social Prescribing

Social Prescribing for better health and happiness

Social prescribing is a growing patient support service that connects people with a range of non-medical programmes, other services and events in their local community – like walking groups, mental health counselling, debt management advice, employability skills, volunteering, family fitness, healthy cooking programmes, mindfulness sessions, and the ‘green social prescription’ of gardening and food growing.

What can I get support with?

- Attending appointments
- Mild to moderate emotional and mental health support, such as depression and anxiety
- Support with low level addictions
- Support to feel less socially isolated and lonely
- Increase confidence and self esteem
- Manage long term physical health conditions
- Managing debt issues
- Domestic abuse support, advice and guidance
- Housing support

Together we will be able to:

- Explore what is important for your life and wellbeing
- Identify the local activities and services you can benefit from
- Gain support and encouragement to start using services that can help you

The Support Practitioner is:

- Someone to talk to confidentially
- Someone who is practical and helpful and who will not judge you
- Someone who can help you decide what you'd like to do to feel healthier
- Someone who can find you activities that will suit you and, if you want, who can go along with you to start with so that you don't have to go on your own
- Someone who can advise you on how to arrange appointments with medical services
- Someone to give you support to improve your life

Social prescribing can link you with many services in your community to help.

These may include:

- Healthy lifestyles, walking and getting involved in local groups and activities
- Housing, benefits and financial support and advice
- Education and learning
- Befriending, counselling and other support groups
- Accessing specialist services and support

What are the benefits?

- Improve your mental health and physical health
- Learn a new skill or participate in a new activity
- Increase self-confidence and self esteem
- Better quality of life and get involved in your community

How do I access the service?

Talk to your GP, health care professional or surgery staff, they will refer you to one of our Support Practitioners who will contact you.