

About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

How can I find out more?

If you want more information about Social Prescribing and how it is being offered please get in touch

T: 01252 978 559

socialprescribingnehf@family-action.org.uk

www.family-action.org.uk



Family Action Social Prescribing

Better health, better communities

Our Social Prescribing service is available to anyone over 18 including the parents and carers of children and young people.

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**Building
stronger
families**



This service is commissioned by: **Clinical Commissioning Group**

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**Improve your health and wellbeing through
activities and services in your community**

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What is Social Prescribing?

Social Prescribing is about giving you access to activities, social groups, services and advice based on your needs and interests.

The aim is to improve your sense of wellbeing which in turn can often have a positive impact on your health.

The Social Prescriber, will talk you through the options available to you and work with you to find local activities, services or advice that suit your needs and interests.

It does not replace the medical role your GP plays.

We understand things have been particularly tough for many over the last 2 years as a result of the pandemic. This could mean you may have additional stress of caring for children and loved ones, reduced social opportunities or changes to your work, home and finances. We are here to offer support should you need some extra help getting back on track.

How does it work?

Research shows that we can often improve our health and our sense of wellbeing through taking part in activities or joining social groups.

We accept self-referrals or referrals from your GP or any other health-care professional if you feel that you would benefit from support around one or more of the following matters:

- Lifestyle and looking after yourself
- Managing symptoms
- Work, volunteering and other activities
- Money matters
- Improving your mental health
- Family, friends and parenting
- Feeling positive

