

Social Prescribing Service

- Service Category:

[Social Prescribing](#)

- Available Locations:
- [Friendly Family Surgery](#)
- [Castle Street Medical Centre](#)
- [Craggs Health Care - Creswell Surgery](#)
- [Craggs Health Care - Whitwell Surgery](#)
- [Creswell Medical Centre](#)
- [Eckington Health Centre](#)
- [Emmett Carr GP Partnership - Emmett Carr Surgery](#)
- [Langwith Medical Centre](#)
- [Shires Healthcare](#)
- [Shires Healthcare - Church Warsop Branch](#)
- [Welbeck Road Surgery](#)
- [Welbeck Road Surgery Branch Site - The Surgery Glapwell](#)



For many people, circumstances beyond the purely medical give rise to additional worries, issues and needs. Social Prescribing involves giving people the time to focus on 'what matters to me' and takes a holistic approach to their health and wellbeing by offering help to access community groups and statutory services for practical and emotional support, helping to improve their health, wellbeing and social welfare.

Social Prescribing is a free holistic support service available to all patients 18yrs+, that aims to improve health and wellbeing in a person centred way. Your Social Prescribing Link Worker will help you to explore and plan a pathway to help you lead a healthier lifestyle. We will help build confidence and motivation, promote behaviour change and set agreed goals to keep you on track.

We provide support for:

- Social Isolation
- Emotional Wellbeing
- Lifestyle (Diet & Exercise)
- Stopping Smoking

- Reducing Alcohol
- Diabetes Control
- Long Term Health Conditions
- Social and Environmental Support

One small lifestyle change could have major benefits to your physical and mental health. If you would like support from our service just pop along to your GP surgery and ask any member of staff to make a referral for you.

You can contact the social prescribing team by email on ddccg.socialprescribingnhbpcn@nhs.net.