

Newham North West 2 Primary Care Network

Stratford Health Centre | The Forest Practice

Newham Vicarage Practice | East End Medical Centre

Upton Lane Medical Centre

Who is it for?

Social prescribing is available to anyone who is 18 and over.

How do I access the service?

It's simple, you can book an appointment with a Social Prescriber just like you would with a GP or nurse. Either ask the reception team while you are at the surgery, call or book online. Your GP or nurse may also refer you on to us. One of our Social Prescribers will call you within a few days.

Check out our website:

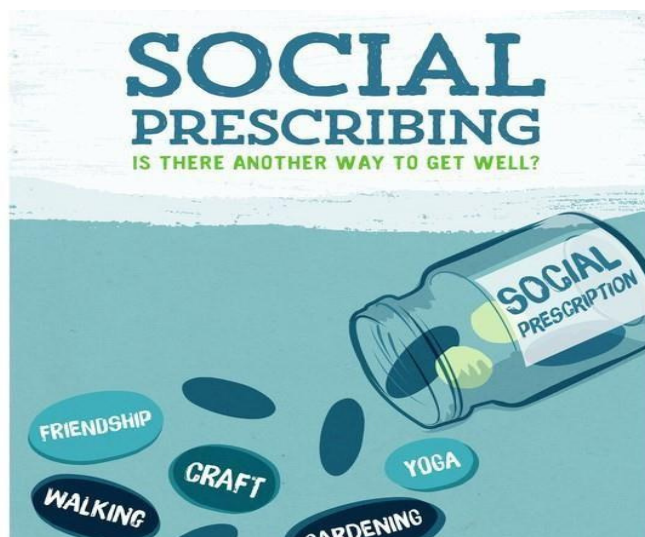
<https://newhamnw2pcn.gpweb.org.uk>

Follow us on twitter:

<https://twitter.com/NorthWest2PCN>



Social Prescribing



Newham Social Prescribing



Did you know?

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

You can improve your health and wellbeing through social prescription.



What is Social Prescribing?

Taking care of your health involves more than just medicine. With Social Prescribing you can get specialist support at your GP Practice for non-medical issues. One of our Social Prescribers will contact you and spend time with you exploring what activities and/or local support could improve your health and wellbeing.

You can consider the benefits of participating in them, and we will assist and support you to plan your next steps.

What support can I get?

We can help you with a range of issues, including:

- Social isolation and loneliness
- Financial worries or benefits
- Low mood, stress or anxiety
- Healthy lifestyle choices
- Smoking cessation
- Weight loss and exercise
- Bereavement
- Housing/homelessness
- Elderly support
- Migrant support
- Carer support
- Alcohol/substance misuse
- Domestic abuse
- Work related issues,

training and volunteering

What are the benefits?

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self-confidence and self esteem
- Better quality of life
- Get involved in your community
- Support to find solutions to challenges you are facing

Does it cost anything?

No, our service is free