

What can I expect from a referral to social prescribing?

My name is Caroline and I am the Social Prescribing Link Worker for Marazion Surgery.

You have been referred to social prescribing because your doctor or case worker thinks the service will help you.

At Marazion Surgery we recognise that your health and wellbeing can be improved by improving other areas of your life and this is what a social prescriber can help you with.

I am not clinically trained so you'll still need to contact the surgery for all your medical needs.

Instead, I can help you work on other areas of your life.

It might be that you are impacted by money, benefits or housing concerns, or by lack of access to training or activities that might inspire you or support you to get fit or make new friend.

As a link worker I can connect you to a range of advice and support services in your community.

As an outcome you might find that you make new friends, get more exercise, sort out a debt, join a new group...and more. I support you to give new things a go and get more connected to your community.

We'll work together for about 3 months and have an average of 4 appointments. These appointments may take place by telephone, in person or via video chat.

I am bound by the same data processing rules as Marazion Surgery.

Appointments

Pre chat	A quick call to talk about the service and then send some paperwork (which includes a wellbeing questionnaire).
1 Chat & Plan	We'll complete the paperwork, talk about what matters to you and build an action plan around 1 or 2 things that you'd like to achieve.
2 Support & Action	We'll discuss support options*, you'll choose which services you want to contact**. We'll update the action plan and I can help you contact services if needed.
3 What Next	We'll chat about how you got on with the services, update your action plan and we'll plan your next steps.
4 3 Month Review	We'll celebrate what you've achieved, update your action plan and revisit the wellbeing questionnaire. If you need a bit more help, we can chat about that too.
Aftercare	We can keep in contact for up to 6 months, in case you have a question or want a little extra guidance.

*There may be times when services aren't available, or there is a waiting list ** I can't recommend a service but I can give you information and help you make your choice.