

# What is Social Prescribing?

Improved health and well-being involves much more than medication.

At its most basic, a social prescription offers the kind of help that doesn't come in a tube or bottle.

The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Social Prescribing is a free NHS service.

To find out how Social Prescribing can work for you, talk to a Doctor or Health Navigator today

Channel View Surgery  
01626 774656

Bishopsteignton Surgery  
01626 775256

Chudleigh Health Centre  
01626 852222

Glendevon Medical Centre  
01626 770955

Riverside Surgery  
01626 873331

Barton Surgery  
01626 888877



## Social Prescribing Service

A service that can help you with things that can't be fixed by doctors or medicine alone

# Types of Support You Will Receive

## CONVERSATION

1:1 conversation about your social, environmental and emotional needs

## SUPPORT

Support to feeling empowered about making lifestyle changes and taking responsibility for your health outcomes

## EDUCATION

Receive information on how to access educational tools that will help you to adopt a healthier lifestyle and improve your health outcomes

## SIGNPOSTING

Support in finding services available for specific health conditions/needs

## OPPORTUNITY

Creating opportunity for you to engage in appropriate and beneficial community services

# Studies Show That Social Prescribing Works

Studies show that patients with social prescriptions get better and feel better faster than those treated with medicine alone.



# Your Social Prescribing Team

Your Social Prescribing Team work across The Coastal Network which includes:

- Barton Surgery
- Channel View Medical Group
- Teign Estuary Medical Group

The team will allocate time to discuss what matters most to you and support you to learn about the non-medical services and social opportunities that could help to improve your health and well-being.