



How do I access the service?

Ask your GP to refer you to the Sunderland Social Prescribing Service.

You can self-refer by scanning the QR code using the camera on your mobile phone.



Or you can visit: <https://www.sunderlandgpalliance.co.uk/sunderland-social-prescribing-self-referral-form/>

Contact us:

North East BIC
Wearfield Enterprise Park
Sunderland
Tyne and Wear
SR5 2TA



Sunderland Social Prescribing Service



Improved health and wellbeing involves much more than medicine

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



Part of:

Links for Life
Sunderland



What is social prescribing?

Many things can affect your health and wellbeing. We know that it can take more than medicine to help you get better.

Social Prescribing enables GPs, nurses and other health and care professionals to refer people to a range of local, non-clinical services.

The Sunderland Social Prescribing Service will work with you to find out 'what matters to you.' The team will then support you in your own community.

What support can I get?

Many of life's problems can make you feel unwell. We can help you with a range of things like:



Loneliness



Emotional wellbeing



Money worries



Housing worries



Healthy lifestyle choices



Managing long-term health conditions

The service is free and available to anyone registered with a GP in Sunderland.

What are the benefits?

- Improve your mental and physical health
- Get involved in your community
- Meet new people
- Increase self-confidence and self-esteem
- Better quality of life

Our team

Care Co-ordinator

You will speak to one of our **Care Co-ordinators** first. They will talk to you about what matters to you and explore what could improve your health and wellbeing. A Care Coordinator will support you and find the best local services to help you.

Social Prescriber

A **Social Prescriber/Link Worker** will spend time with you to assess your needs. They will support you and your family with any social, emotional and practical needs, helping you to take greater control of your health and wellbeing. This can include connecting you to local community activities and services.

Health Coach

A **Health Coach** helps you to stay well for longer, they can support you with weight management and help you to make healthy lifestyle changes. If you have a long-term health condition, a Health Coach can put you in touch with 'condition specific' support groups help you to get more involved in your own care.