

# Social Prescribing

*Linking you with community services and activities to improve your health and wellbeing*



## What is Social Prescribing?

Social Prescribing is a free service through your GP that puts you in touch with a wide range of local activities to support you and improve your wellbeing.

## How can Social Prescribing help me?

Social Prescribing can link you up to social or physical activities in your community and could help if you are experiencing any of the following:

- Feeling lonely or socially isolated
- Looking for more social contact
- Stress or depression
- Anxiety and lacking confidence
- Dementia
- Wanting to improve physical health
- Long-term health conditions
- Needing practical support and information to improve your situation



## What happens after a referral is made?

Your Social Prescribing Link Worker will contact you to talk about your concerns and the factors affecting your health. Your Link Worker will then help you identify and organise assistance through the council, community and voluntary organisations that are available locally.

[www.epsom-ewell.gov.uk](http://www.epsom-ewell.gov.uk)

Town Hall, The Parade,  
Epsom, Surrey KT18 5BY



@EpsomEwellBC





“ This service is absolutely wonderful. I’m getting such good feedback and can already see a huge improvement in patient mood and self-esteem. ”  
GP, Epsom Locality

## What local services might I be signposted to?

- Physical wellbeing e.g. exercise / balance classes
- Social Centres for the community
- Advice and information
- Mental wellbeing
- Housing advice and adaptations
- Council services
- Leisure services
- Community groups
- Befriending schemes

## Social Prescribing can lead to:

- Reduced isolation and loneliness
- Increased mobility
- Depleted levels of anxiety
- Managed depression
- Lasting friendships and acquaintances
- New skills learned
- Increased fitness

## How do I get a referral?

Your GP may recognise that you would benefit from some additional support to improve your health and wellbeing, and suggest a referral. You can also request a referral yourself through your GP.



For more information and general enquiries call **01372 727583**  
or email [socialprescribing@epsom-ewell.gov.uk](mailto:socialprescribing@epsom-ewell.gov.uk)

[www.epsom-ewell.gov.uk](http://www.epsom-ewell.gov.uk)

Town Hall, The Parade,  
Epsom, Surrey KT18 5BY



@EpsomEwellBC

