

Do you need a Social Prescription?

Many things affect our health and wellbeing. Around one in five appointments made with a GP are about our social rather than medical issues.



This includes loneliness, stress, worries about money, debt, housing, unemployment, caring responsibilities, and relationship problems. These can't be fixed by something that comes in a tube or a bottle, but social prescribing can help.

Diana Norris, Bromley Lead Social Prescribing Link Worker explains, "If you are finding it hard to cope and need some help, ask anyone in your GP practice for an appointment to see the social prescriber. Your social prescriber will spend time with you, listen to what you need and connect you to services and local groups who can provide practical and emotional support. This may include introducing you to a community group, local club, or new activities or help you find benefits advice or debt counselling. We are there to help you feel better".

"For somebody who has always been a copier, and suddenly realising you can't cope. Making that first step to say I can't cope, is a big one."

Find out how social prescribing can work for you – talk to your GP practice



Kassum is a social prescriber in Bromley. "I love seeing the difference that social prescribing can make in people's lives.

Most people just want to be heard and get support in dealing with whatever issue is making their life tougher than it needs to be. You don't need to be an expert in everything your local community has to offer. Whether it's volunteering opportunities, walking groups or ideas to boost your emotional wellbeing, just ask for help in finding the support you need, and we'll work it out together from there".



Worried about the rising cost of living?

You can get advice and information from Bromley Well – visit www.bromleywell.org.uk/our-services/cost-of-living or call their helpline on 0808 278 7898

Thanks for your help!

"Thank you ever so much for your help and advice on my benefits. This outcome would not have happened if it wasn't for you."

"Without help both my son and I would have struggled financially to cope in such an overwhelming and emotional situation".

"Bromley Well has been a lifeline."

#YourPrimaryCare



Visit www.selondonics.org/Bromleyprimarycare for more information