

Inspiring 
communities

through.
Social
prescribing

delivered by our expert team
of Community Connectors



What is Social Prescribing?

Social Prescribing is about working with people to understand what matters to them and plan how to connect them with activities in the community that might make a difference with their wellbeing.

It's about community and connections, and helping people feel well.

Who supports me through this process?

Dedicated and expert Community Connectors will support and empower you to make new connections in your local community, or access information and services that can help you to improve your wellbeing.

Community Connectors are not clinicians, but they do work closely with GP's and other health services to address a range of non-clinical factors that affect your health and wellbeing.

How can you get in touch with a Community Connector?



We will keep in touch every step of the way

supporting you through this journey

Interested in working with a Community Connector?

This is how you could benefit.

1 Social Prescribing

Retired male who is recently bereaved

- Physical health (mobility) issues
- Living in unsuitable housing
- Feeling lonely and isolated
- Struggling to pay bills
- Frequently visits his GP

GP assesses physical health needs

Makes referral to a Community Connector

Consent is given for a referral to Breckland Collaboration

Community Connector spends time *understanding* the non-medical needs

A multi-agency approach is needed to address:



2 Early Intervention virtual Collaboration hub

Collaboration partner services discuss the prevalent issues to

prevent escalation

Housing assess the suitability of the property & location for his physical health needs

DWP run a benefits check to ensure he's receiving all he is eligible for

Citizen's Advice, CAP & Adult Learning offer budgeting courses

3 Community capacity building

Due to the intervention, he is *empowered* to resolve his housing and financial concerns

The Community Connector *connects* him to local community activity eg. Men's Shed

to understand what matters to them, identify the support they need and **connect them** with the right people and organisations

He is **connected** to his community and no longer needs to regularly visit his GP

Breckland Council Social Prescribing is a free service for over 18's who are registered patients at:

Orchard Surgery

Toftwood Surgery

Theatre Royal Surgery

Mattishall Surgery

North Elmham Surgery

Lenwade Surgery

Shipdham Surgery

How can you contact us?

For more information please email
social.prescribing@breckland.gov.uk

or to make a referral, please visit our website
www.breckland.gov.uk/social-prescribing

