

Social Prescribing - What's in it for me? What's in it for you?

I don't know what to believe from the internet

I can see that this person needs support but I don't know what to suggest!

I am tired of being passed from pillar to post with no-one helping me to really work out what to do next

I don't think that there is anyone out there who can help me

I don't have the energy or confidence to do that – I will get used to being on my own I am sure in time.

I need to see a doctor- don't try and fob me off with anyone else !

I can't help my patients with their wider problems but they come to me with nowhere else to turn

I just want to feel useful again

I need to know how to help myself and to believe I can!

I just need pointing in the right direction

My service is under such strain I can no longer do what we used to but I can't just leave people with no support at all

I cannot keep up with all the information on what's out there in the community that lands on my desk.

What's in it for me as a resident....

A trusted person to help me help myself.
No eligibility criteria.
All advice is based on achieving what matters to me.
A lot of the information can be sent to my phone or email to read when I am ready.
They take the time to find out what is causing my difficulties, not just deal with what they see today.
If fewer people are seeing doctors when they don't need to, perhaps I can get an appointment when I do.

What's in it for me as a community organisation....

Multi-agency approach to service delivery.
Greater awareness and understanding of the Third Sector within Health and Social Care Statutory services.
Potential for collaborative approaches for service planning .
Increased engagement of Third Sector organisations in local strategic health and wellbeing priorities.
People in our community can benefit from the services and support we have on offer.

What's in it for me as a GP

No need to feel like I am letting my patients down with their wider problems.
I can offer something to my patients that I can trust.
Fewer appointments for non clinical matters that I cant then offer to those with concerns that only I can help with
Seeing the benefit to my patients.
I can be happy that the information that is going out to patients is up to date and of a high quality.

And for "me" and "us"

Building individual and community resilience is good for us all.
When people are lonely or isolated, they are at higher risk of poor mental and/or physical health.
Better use of the resources we have means that we can all benefit from the freeing up of appointments that are not needed.