



# SOCIAL PRESCRIBING

with One Westminster

**Working with a Social prescriber can help you feel better in a way that suits you. It can be especially helpful for people with long term health conditions and those who feel isolated or lonely.**

**Support from us could be linking you with practical support or a new activity or exercise program. For example, if you enjoy gardening, we could introduce you to a local gardening group and attend your first session with you if you feel unable to go alone.**

**Social Prescribing involves listening to what matters to you and helping you feel connected to your community. You'll be supported for up to 3 months depending on your individual needs and if we can find services to support you.**

## APPOINTMENT

### DETAILS

**Where?** Sessions can be held over the phone or in person

**When?** This will depend on your need and can range from once every 2 weeks to once a month

**Who?** You will see the same Social Prescriber for all sessions

### What makes Social Prescribing work?

**Trying new things** - People get the best outcomes from Social Prescribing when they attend every session and try things out between sessions.

**Attending every session** - time keeping is important as it means you'll get the most from your time.

**Starting with the end in sight** - Social Prescribing is short term support to empower you to feel more independent once sessions are over.

# CONFIDENTIALITY

## WHERE WILL MY INFORMATION BE STORED AND SHARED?

- We will have access to your NHS medical record and record brief details of our conversation on there and on our confidential One Westminster database
- This means that healthcare professionals and colleagues in One Westminster may see these notes too.
- Our appointments are confidential unless we are concerned that you may be at risk of harm or harming someone else in which case we may need to tell our manager
- We will never share your information without consent. For example, when making a referral we will ensure that you know exactly what's being shared.



## CONTACT US

**Social Prescribers work by appointment and may not be available to speak to between these times. Depending on how your Social Prescriber works, they may be able to give you a number or email to contact them, or you may need to wait until your scheduled appointment to speak with them.**

**We are not an urgent service, so if you find yourself in a mental health or housing crisis, please contact the numbers below:**

**Shelter** - for housing:

Email [westminster@shelter.org.uk](mailto:westminster@shelter.org.uk)

Call **0344 515 1540**, 9am to 5pm, Monday to Friday

Or visit their website to complete an online form

<https://england.shelter.org.uk/>

**CNWL Single Point of Access** - for mental health help:

Call **0800 0234 650**

**Samaritans** - for mental health help:

Call **116 123**

Visit **46 Marshall Street London W1F 9BF**

From 9am-9pm every day.

To be referred to our service, please speak to any member of staff in your GP surgery.