

## What is Social Prescribing

Social Prescribing is a service provided in partnership with Erewash Primary Care network.

It aims to connect local people to (local) social groups, support and activities to improve your health and wellbeing.

## Who is involved

**Your GP practice can refer you to this service as can Social Connectors, who are trained members of frontline GP staff**

Once you have been referred to the service you will receive a phone call from one of the team who will book you a further appointment to discuss what you might like to get involved in. There will be several promotional events in the area so check out your GP practice to find out when we will be visiting the practice. Or you can check out our Social Media pages below or by calling Erewash Voluntary Action on 0115 946 6740.

This is delivered in partnership with the Erewash Primary Care Network.

There are appointments that the social prescribers can book so you can have a more private chat about your interests and the type of activities you might like to do, these can be from 15 minutes to 1 hour depending on what you need.



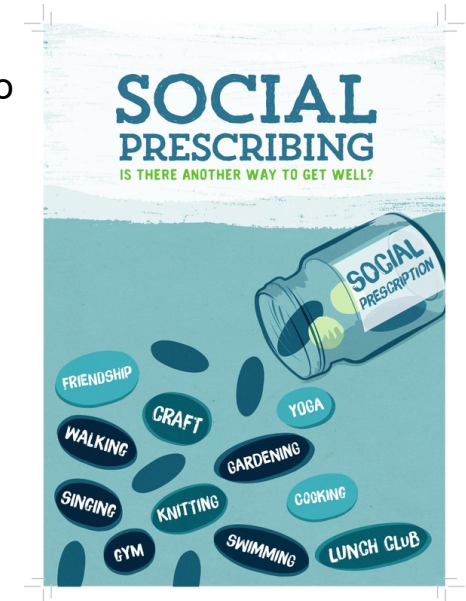
## How does Social Prescribing work in Erewash?

Social Prescribers can have a chat with you about what matters to you, and based on this will give you information and advice on accessing local support groups and social activities.



They hold Community Coffee Mornings where you can come and find out about local offers in the community and stay and have a chat and a drink. Please check your GP practice website for further information, or check the social media accounts listed below.

Social Prescribing can help you to take control of your own health and wellbeing by giving you time to think about what matters most to you, and how the service can work with you to improve your health and wellbeing.



For more information contact us on

0115 9466740

[wellbeing@erewashcvs.org.uk](mailto:wellbeing@erewashcvs.org.uk)

Our staff are trained in



## List of GP Practices signed up to Social Prescribing:

Adam House Medical Centre  
Aitune Medical Practice  
College Street Medical Practice  
Dr Purnell & Partners  
Dr Webb & Partners  
Eden Surgery  
Gladstone House Surgery  
Golden Brook Practice  
Littlewick Medical Centre  
Moir Medical Centre  
Old Station Surgery  
Park View Medical Centre  
West Hallam Medical Practice

<https://twitter.com/SocialErewash>

<https://www.facebook.com/ErewashSocialConnectors/>

[www.erewashvoluntaryaction.org.uk](http://www.erewashvoluntaryaction.org.uk)

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# EREWASH SOCIAL PRESCRIBING SERVICE



**Social Prescribing  
can help you find local groups, social activities  
and support in your community**