

Being a Social Prescriber

GP practices across the Frimley Health and Care area have been welcoming new members of staff into their teams to better support patients' needs.

Around 400 additional team members have been recruited into healthcare roles at general practices in our area since 2019/2020 - offering patients access to an expanded team of health professionals in addition to their practice GP or nurse. This larger team now includes pharmacists, mental health practitioners, paramedic practitioners and social prescribers, who work together to support patients to get the right care when needed.

Hear from Nitasha , Social prescriber supporting practices in Slough.



"I work as a Social Prescriber providing social, emotional and physical wellbeing support and advice.

"Patients may be referred to me because they feel lonely, isolated or may have financial struggles which are affecting their health. Patients may also come to me if they are perhaps feeling low or may have lost their confidence due to other reasons and need some guidance.

"I can support patients who are unpaid carers or those who are looking to make a change and become more active or take steps to manage their weight.

"I have always been a front-line worker and really enjoy providing a person-centred approach for patients. In my role I have more time to listen to what the patients goals and needs are and I can help them to achieve these or link them with other services or organisations who can."

Being a Social Prescriber

NHS

Frimley

“

I really enjoy working with patients and using a person-centred approach to the conversations I have. I find it rewarding being able to guide patients to make a positive difference to their overall wellbeing.

”

“I previously worked for the local drug and alcohol service, supporting local people with substance misuse.

“From this work and other roles I saw how much social issues can impact a persons health and wellbeing and the positive impact of getting help and support could have on their overall health. This led me to my role as a Social Prescriber in general practice.

“A typical day for me involves reviewing referrals and speaking to patients either on the phone or face to face to holistically assess their needs.”

“The patient and I discuss how they’re feeling and what they would like help with, before looking together at the various services available to them and what they feel would assist them most.

“Together we agree a plan and If needed I refer them, with their permission, to services, agencies, community groups or activities which will help them achieve their goals.

“I also liaise regularly with the fantastic services within our area and within the community. I work in partnership with the patient and with Slough organisations to give our patients the best chance of achieving their goals.”



To learn more visit:

www.frimleyhealthandcare/gethelp

“I wish patients had more knowledge on the different roles within general practice and that we work as a team to offer a holistic approach to health and wellbeing. If you are struggling contact your GP practice and ask to see the Social Prescriber.”