

Doctors aren't the only people who can make you feel better!



Social prescribers are non medical professionals who support adults (18+) and their families. Our social prescribers can support you to focus on what matters most to you and can connect you to local community groups, services and organisations who may be able to help you.

Social isolation
and loneliness

Family issues and life
changing events-
separation, pregnancy
, bereavement, carers

Struggling with
mental health -
low mood,
anxiety,
depression

Healthy living -
exercise, stop
smoking, sleep,
nutrition

Housing,
cost of living
or community
issues

Living with
long term
health
conditions

Benefits,
finances,
education and
form filling
support

What do our team offer:

- 1-1 appointments helping you develop a personal plan based on what matters to you connecting you to healthcare professionals, services, voluntary organisations, community groups and local businesses to make you feel healthier and happier.
- Social drop ins - a safe space where you can enjoy a brew and chat with local people and access support from our healthcare teams at a venue local to you
- Social walks and outdoor activities - enjoy being outdoors
- What's on locally - quarterly booklet highlighting local activities
- Wellbeing at Home - activities to do at home
- Support setting up new groups if what you need isn't available

To connect with our team please ask your GP or health professional or email:
Prestwich and Whitefield based GP surgery: nwch.sp-pwpcn@nhs.net
Bury based GP surgery: nwch.socialprescribing@nhs.net