

OUR MISSION

Our mission is to provide a comprehensive, person-centred service for the community of Sutton; supporting patients to take back control of their lives and achieve their health and wellbeing goals.

HOLISTIC: It all starts with a conversation with one of our Social Prescribing Link Workers, about what's important to you and what changes you'd like to make. We talk about different areas of your life and how they affect your health and wellbeing.

FLEXIBLE: We can work with you, as well as your partner, carer or family, using a combination of face to face and virtual / telephone support to flexibly fit around your needs and circumstances.

PERSON-CENTRED: We can help to identify priorities, set goals, and develop a tailored action plan that keeps you at the heart of decision-making.

HOW DO I SIGN UP?

You must be aged 18+ and be registered with a Sutton GP. Please note our service is not suitable for urgent crisis support, or for people with uncontrolled, high-level mental health needs and addictions. Referrals must be made through your GP Practice. Speak to your GP or Receptionist and request a referral to Social Prescribing Sutton.

**HOLISTIC.
FLEXIBLE.
PERSON CENTERED.**

SOCIAL PRESCRIBING SUTTON

**HELP TO ACHIEVE
YOUR HEALTH &
WELLBEING GOALS**



SUTTON
PRIMARY CARE
NETWORKS

Serving every individual's
needs in the community.

SIGN UP NOW



SUTTON
PRIMARY CARE
NETWORKS

TAKE CONTROL OF YOUR HEALTH & WELLBEING

- Loneliness & isolation
- Social connections & activities
- Physical health & emotional wellbeing
- Money, benefits & debt
- Family & home life
- Physical activity
- Work & volunteering
- Practical support
- Carers support

HOW DOES IT WORK?

A Social Prescribing Link Worker can work with you in a flexible, person-centred way to help you identify your priorities, overcome barriers, and achieve your goals. Working together we can support you to create a simple action plan and help you discover your options, what's available in the community and how best to access the advice, information and support you need. Social Prescribing can connect you to a wide variety of non-clinical services that can help you take greater control of your health and wellbeing.

WHAT IS SOCIAL PRESCRIBING SUTTON?

There are many things we experience in our lives that can affect our overall health and well-being.

This could include feeling stressed about finances, work, or relationships, losing someone close or feeling lonely and isolated. We may find ourselves having to manage a long-term condition or feel overwhelmed by caring responsibilities.

Sometimes it can be difficult knowing where to start or where to get support, help or advice. This is where social prescribing may be able to help.

