



SOCIAL PRESCRIBING

TORFAEN



Your Doctor
isn't the only
person who
can help you
feel better...



Addressing difficult issues needs extra time and support

Our **Social Prescribers** can help you look after more than just your health.

We listen to you and help you to access services that can provide social, emotional and practical support.



MANY OF LIFE'S PROBLEMS CAN MAKE YOU FEEL UNWELL:

- Living alone
- Work and unemployment
- Money worries
- Children and families
- Language barriers
- Addictions
- Weight problems
- Smoking
- Housing issues
- Health and Fitness



“ I WOULD LIKE TO SAY A **BIG THANK YOU** FOR GETTING ME THE HELP I NEED TO LIVE A NORMAL LIFE AGAIN. ”



• **Housing, benefits and financial support and advice**

• **Education and learning**




• **Arts, music, outdoors and creative activities**

• **Family support and parenting**




• **Employment, training and volunteering**



• **Healthy lifestyle advice and physical activity**



• **Befriending, counselling and emotional support groups**



• **Anything else that matters to you**

Make an appointment to see us and together we can:

- Discuss issues you're facing
- Find local activities and services
- Explore what is important to you
- Give you support to access them



Our appointments last up to 45 minutes, giving you the time you need to talk through the things that matter to you

Your GP practice can make an appointment for you, just speak to the practice team. If coming into the surgery is difficult we can talk on the phone

WITHOUT YOUR HELP
I WOULD HAVE STAYED
STUCK IN A RUT,
IT'S NICE NOT
TO BE JUDGED



I FEEL SECURE
WITH YOU BECAUSE
YOU LISTEN



THE ADAPTATIONS HAVE
ALL BEEN DONE AND MY
SON NOW RECEIVES
CARER'S ALLOWANCE.



THANK YOU SO MUCH
FOR WHAT YOU HAVE DONE

This service is jointly funded by
Torfaen's Neighbourhood Care Networks
(NCN's) and Torfaen County Borough Council. It is available across all
surgeries in Torfaen, contact your local surgery for more information.

TORFAEN
COUNTY
BOROUGH



BWRDEISTREF
SIROL
TORFAEN



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board