

Social prescribing

We are keen to raise the profile of 'Social Prescribing', which is available to people in East Berkshire.

The aim of the service is to improve people's health, wellbeing and social welfare by connecting them to community services. For example, signposting people who have been diagnosed with dementia to a local dementia support group.

Recognising that health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Patients can either be referred to the service by their GP or other healthcare professional. Alternatively, people may self refer in certain areas.

Social prescription schemes exist as research shows that of all people aged 16+ nationally:

- 5% feel lonely most of the time
- 16% feel lonely sometimes
- 24% feel lonely occasionally
- ¾ of GPs see 1 to 5 lonely people each day
- 20% of visits to the GP are underpinned by social reasons

(Taken from the Citizen's Advice Bureau and Royal College of General Practitioners)

Slough

In Slough, the service is referred to as 'Wellbeing Prescribing' and the voluntary and community sector (VCS) plays a crucial role in the service by delivering the activities and groups that make up the prescription. Referrals to the service are currently made through GP practices, Adult Social Care and Neighbourhood Services.

Referrals are usually allocated within a day or two to a member of the team who then completes a holistic triage assessment (usually over the phone).

For more information, visit <https://sloughcvs.org/wellbeing-prescribing/>

Bracknell

In Bracknell, the service is referred to as 'Bracknell Forest Social Prescription Scheme' and is part of the [Bracknell Forest Warm Welcome Programme](#).

Reasons for offering the service are based on national data:

- 4,774 residents aged 16+ feel lonely most of the time
- 15,277 residents aged 16+ feel lonely sometimes

- 22,915 residents aged 16+ feel lonely occasionally
- In January 2019, it is estimated that 11,800 visits to the GP in Bracknell and Ascot were underpinned by social reasons

Whether you want to get more exercise, learn a new skill, or just meet new people, the social prescribing team can give you a call and help you find a friendly group or club near you.

Residents can call 01344 352000 or visit the [social prescription page](#) to request a call back.

To find out more about the service, click [here](#).

Bracknell Forest Warm Welcome Programme also offers residents a community map online, which contains details of community groups, clubs, societies, and events they can join. Click [here](#) for more.

Windsor, Ascot and Maidenhead (WAM)

In the Royal Borough, social prescribing is available to patients who are registered at one of the GP practices in the area, are aged 18 and over and are a carer, or those who are at risk of falls or classed as frail.

Residents are referred to a wellbeing prescriber either by their GP or other healthcare professional.

The service connects people with organisations and services that can support them with their social, emotional or practical needs.

To find out more about the service in Windsor, Ascot and Maidenhead, click [here](#).

If you would like to be referred to the service, please speak to your local GP practice.