

## Social prescribing

**Connecting patients to services that support their journey towards improvement of health and wellbeing**

Here at Groundswell Project, we are all about **finding, connecting and amplifying** the good work in our communities. That is why we are perfectly placed to run a social prescribing service for your organisation. The cost of living, an unsettled world and the hassle of everyday life are just some of the reasons why so many of us are feeling anxious, uncertain about the future and stressed. Stress and anxiety can cause a range of physical and mental health issues. Taking action at an early stage, through social prescribing, can be the answer. Our social prescribing link workers will listen to each individual **as an individual**. We will talk to patients and get a real understanding of their likes, dislikes, hobbies, networks and cultural background. We also have our bespoke and unique Kindness Mapper, now available as an app, that maps community organisations in your area that provide a range of services, and which together can be the answer to patients' concerns.

# Our social prescribers are all multi-lingual

Groundswell is about building empathy in communities. Helping neighbours find out that they are more the same than they are different. When we understand each other it becomes harder to mock, detest and hate and easier to band together on the things that matter in life for all of us. We succeed when people see each other as people, when communities are strong because of shared humanity despite their differences.

## A BLENDED APPROACH

Using our technical tools, alongside the emotional support of our link coordinators, we are able to come up with specific results to help every patient that comes to us - whether it is joining a community group, being put in touch with a faith or voluntary group that fits with the background of the individual, or putting them in touch with helpful debt counselling or other legal advice - if that is what they need. Or maybe it is as simple as putting them in touch with a befriending service that can give them a helpful and reassuring voice at times of trouble.

## WHAT SOCIAL PRESCRIBERS CAN ASSIST WITH

- Mental health services
- Bereavement
- Benefits, financial guidance and advice
- Domestic violence
- Befriending and support groups
- Healthy lifestyle and physical activities
- Nutritional advice and therapy
- Employment, training and volunteering
- Creative and social opportunities
- Housing information
- Legal support
- And much more...

## HOW TO FIND OUT MORE

We will always provide staff who know your local area and who will speak various other languages commonly spoken in your area. We are committed to being there for *your* people.

To find out more, email [hadiya@groundswell.world](mailto:hadiya@groundswell.world) for an initial discussion.

