

SELF REFERRAL (XaaEC/XaAcB):

First Name:.....

Surname:.....

DOB:.....

Address:.....

.....

.....

Postcode:.....

Telephone:.....

Best time to contact:.....

.....

Can we text you: YES/NO

Email:.....

.....

Reason for referral:

.....

.....

.....

Any other agencies involved with you:

.....

.....

Advice provided and services we signpost and refer to include:

- **Advocacy**
- **Benefits Advice**
- **Befriending**
- **Bereavement Support**
- **Budgeting Advice**
- **Debt Advice**
- **Domestic Abuse Support**
- **Family Support Services**
- **Hobbies**
- **Housing Advice**
- **Physical Health Activities**
- **Social Activities**
- **Specialist Services**
- **Specific Condition Support**
- **Support Groups**
- **Volunteering**
- **Work, Education and Training**

Central Basildon PCN SOCIAL PRESCRIBING SERVICE

Please scan barcode and fill in your details



A Holistic Approach to Promoting and Improving Your Health and Wellbeing

What is Social Prescribing?

- A service that is embedded in your GP surgery alongside your GP and other practice staff, that aims to connect you to services and/or activities that may help improve your health and wellbeing.
- A confidential space to talk
- A space to explore issues that are negatively affecting your physical and mental health and overall wellbeing; those things 'Matter to You'
- Practical, helpful and non-judgemental support
- A place to receive advice, guidance and advocacy
- We also support with other services involved in your care
- Signposting and/or referral to services, support and community groups
- A service to improve hope for the future, social connection & independence

Case Studies

Mrs M had a diagnosis of depression and was struggling to cope with family life. She was supported to refer into a local IAPT service and to access an online forum to talk with other people, for mental health support. She was referred to Homestart for support with the children. Mrs M was also linked into an art group running locally whilst the children were at school.

Mr J was a carer for his wife with dementia. He was referred to a carers service for support, supported to obtain a blue badge and given advice to support his wife to access day care services allowing more time for himself.

How to Refer:

You can self-refer by completing the form on the back of this leaflet and handing it into reception or by scanning barcode. You can also talk to reception, your nurse or GP and ask for a referral.

What Happens Next

You will receive a text or letter following receipt of your referral. When an available appointment becomes free you will be called and offered an assessment appointment of 30 minutes (this will be via telephone or webcam). In this appointment we will explore your issues and what matters to you and devise an action plan together.

You may then be offered between 1 and 6 30 minute follow up sessions as needed and agreed during your appointments. These will be offered in relation to available appointment slots. Any sessions beyond this will be at the discretion of the service.

It is important to be aware that people referred to this service can access the service when needed and can obtain multiple referrals if required.

Please note that you may be asked for direct and specific consent for your information to be shared with organisations that you have agreed to be referred to. This will of course be discussed and agreed with you at the time.