

## Support we can provide :

Advocacy  
Benefits advice  
Befriending  
Bereavement support  
Budgeting advice  
Counselling support  
Debt advice  
Domestic Abuse support  
Family support  
Hobbies  
Housing advice  
Mental Health support  
Physical Health  
Social Activities  
Specialist Services  
Specific condition support  
Support groups  
Volunteering Work,  
Education and Training  
Support for poor sleep

“ **I have felt listened to  
and not rushed and  
you have provided me  
with support that I  
never knew existed** ”

### **Telford Mind** **SOCIAL PRESCRIBING TEAM**

WORKING IN PARTNERSHIP WITH YOUR  
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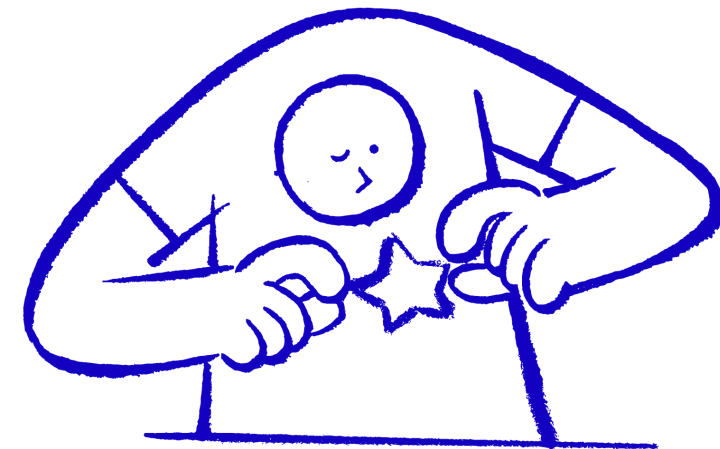
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# **mind Telford**

## **Social Prescribing**

**A holistic approach to promoting  
and improving your health and  
wellbeing.**

**Adapting a person centered  
approach with an ethos of "What  
matters to me"**



## 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 community services and activities that support your health & wellbeing using a therapeutic approach.

A confidential space to talk.

A space to explore issues that are negatively affecting your physical and mental health and overall wellbeing; those things that 'Matter To You'.

Practical, helpful and non judgmental support.

A place to receive advice, guidance and advocacy Support to access services, support organization and community groups, Onward referral to support services.

A service to improve hope for the future, social connection & independence

## How can this benefit me?

Mr M was suffering with depression linked to work and debt problems. He was helped to access support for his debts and received advocacy to support his request for reasonable adjustments at work.

**“ I feel that it's non pressured, more relaxed...I've been able to open up with no judgement ”**

Mrs J was experiencing anxiety and depression. The social prescriber supported her with therapeutic approaches such as, mindfulness, relaxation techniques and sleep hygiene. This helped improve her well-being.

## What happens next:

You will receive a phone call following receipt of your referral. When an available appointment becomes free you will be offered an assessment of between 45-60 minutes. In this appointment we will explore your issues and what matters to you and devise an action plan together.

With approximately 6 sessions we hope to provide patients with the knowledge and tools to better promote self care.

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.

## How to refer:

Talk to reception, your nurse or GP and ask for a referral.

Also any external organizations that you might be working with can also refer you to our service by contacting your local GP surgery.