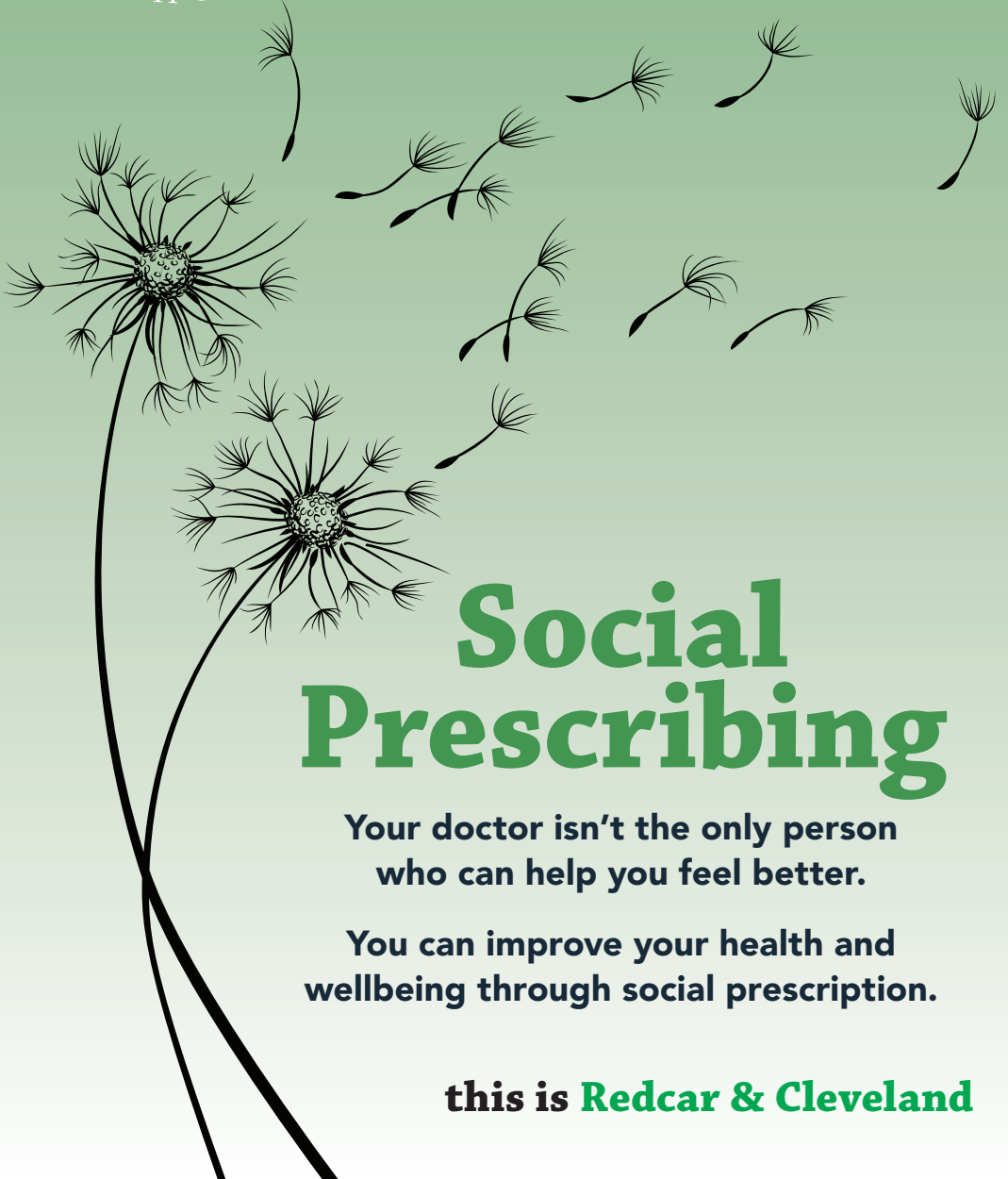




SHORT TERM SUPPORT FOR
LONG TERM SOLUTIONS



Social Prescribing

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

You can improve your health and
wellbeing through social prescription.

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The **Social Prescribing Support Practitioner** helps you explore extra services that may support you to improve your health and sense of wellness.

The **Social Prescribing Support Practitioner** will aim to contact you by telephone to discuss what matters to you. They may invite you to come and see them at the GP practice or arrange to meet you elsewhere.

Social Prescribing can provide short term support with:

- Social Isolation
- Loneliness
- Emotional Wellbeing
- Accessing local groups & activities
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Financial issues
- Substance/alcohol misuse
- Domestic abuse
- Accessing work, training and volunteering

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A black and white line drawing of a dandelion seed head on the right, with several seeds blowing away to the left. The stems of the dandelion are long and thin, curving upwards. The background is a light green gradient.

With Social Prescribing we can link you into local services or activities that will help you to:

- Improve your mental & physical health
- Meet new people
- Learn a skill or participate in a new activity
- Increase self confidence and self-esteem
- Have a better quality of life
- Get involved in your community

How do I access the service?

It's simple. You can talk to your GP or surgery staff or ask at reception to be referred.



The Green House Surgery
Redcar Primary Care Hospital
West Dyke Road
Redcar
TS10 4NW

Huntcliff Surgery
Bath Street
Saltburn
Cleveland
TS12 1BJ

The Ravenscar Surgery
Redcar Primary Care Hospital
West Dyke Road
Redcar
TS10 4NW

Bentley Medical Practice
Redcar Primary Care Hospital
West Dyke Road
Redcar
TS10 4NW

The Saltscar Surgery
22 Kirkleatham Street
Redcar
TS10 1UA

The Coatham Surgery
Coatham Health Village
Coatham Road
Redcar
TS10 1SR

Zetland Medical Practice
Windy Hill Lane
Marske by the sea
Redcar
TS11 7BL

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