

What is Social Prescribing?

Social Prescribing aims to improve your health and wellbeing by offering tailored advice and guidance which will support you in working towards achieving your goals.



Who are the Living Well Workers?

Living Well Workers are quality assured advisers based in Norwich at these five organisations:



You will be referred to the most suitable adviser in the team based on the type of support that you are looking for. We offer advice and guidance on a range of issues including:



Housing



Budgeting and Debt



Benefits



Education and training



Mental Health



Rights and Responsibilities



Activities, clubs and groups



Family and Relationships



Care



Blue badges and transport



Work

What does a Living Well Worker do?

Living Well Workers will:

- Give you time to talk through your issue in confidence
- Help you identify priorities
- Provide information and practical advice
- Support you in setting goals
- Identify how those goals might be met
- Direct you to local sources of support
- Manage referrals to other specialist services
- Encourage independence

How do I get support?

Any health or care professional can refer you to the Social Prescribing team. This might be your GP, nurse or social worker. Just let them know what you would like some extra support with. They will share this information with us so that we can allocate your case to a Living Well Worker.

A Living Well Worker will then get in touch to arrange an initial appointment where you can talk, in confidence, about what it is you need help with. The Living Well Worker will then help you to set priorities, decide on the level of support that you will need and put together a plan of action.

Living Well Workers offer a person-centred approach. This means that you are in control of your own plan but the worker will stay with you as you move towards your goals and provide you with regular contact so that you can stay on track. This contact can be by phone, text, e-mail, letter or face to face at a GP surgery or other location.





People’s health is affected by lots of different factors.

The Living Well Team offers information, advice and guidance in relation to non-medical issues and so helps to improve overall health and well-being.

“Thank you so much for everything, I feel like your help and inspiration have given more hope and opportunity to improve my life. I'm forever grateful.”

“I cannot thank you enough. It’s a massive weight lifted and I can see clearly for the first time in years. Thank you for all that you have done.”

“Thanks ever so much for work you are putting in for getting me sorted. I really do appreciate it. I don’t feel so overwhelmed and alone anymore.”



Advice and guidance for health and wellbeing

Do you have non-medical issues that you would like help with?

Are these issues affecting your health and well-being?

The Living Well Team may be able to help.

For more information, speak to your GP, health or social care professional or go to:

<https://www.ncab.org.uk/social-prescribing-norwich-and-broadland>