

Voluntary Centre Services supports volunteers into opportunities with voluntary and community organisations across West Lincolnshire.

As well as operating our accredited Volunteer Centres that support over 500 volunteers each year, we can offer help to anyone wishing to set up a group, funding advice and access to news and networks in the voluntary and community sector.

We have an active team of invaluable volunteers working alongside staff to provide support to a range of local community groups and voluntary organisations.

We help to develop new ideas and opportunities, and support local groups and organisations to work to best practice standards and delivery quality local services.

Connecting you to your community



referrals@voluntarycentreservices.org.uk
www.voluntarycentreservices.org.uk

North Kesteven 01529 308450
The Old Mart
Church Lane
Sleaford
NG34 7DF

Lincoln 01522 551683
c/o City Hall
Beaumont Fee
Lincoln
LN1 1DF

West Lindsey 01427 613470
c/o Guildhall
Marshall's Yard
Gainsborough
DN21 2NA

 Voluntary Centre Services

 @VCSLincs

**Lincolnshire**
COUNTY COUNCIL

**NHS**
Lincolnshire Sustainability and
Transformation Partnership

Social Prescribing & Navigated Self Care



Information for practitioners

Helping everyone to make a difference

If you require this information in a different format please get in touch.

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What is social prescribing?

What we offer

What happens next...

Social Prescribing is a means of enabling primary care services to refer patients with social, emotional or practical needs to a range of local, non-clinical services, when a medical intervention or just treating clinical origins is not getting to the root of the individual's problem.

GPs, nurses, housing providers, social care teams and even family members can refer people to a team of Social Prescribing Advisors to work with them to identify non-medical interventions e.g. social activity, diet, relaxation and exercise that could improve both their health and wellbeing.

The services are often provided by the local voluntary sector, but statutory services provided by councils, housing associations or the NHS can also be involved. The prescriptions can include referrals to everything from arts groups and volunteering to activities that involve physical exercise, such as gardening and dance clubs. It can also involve simply putting people in contact with services that can provide help and advice with issues such as debt, benefits and housing.

Most schemes have a link worker or navigator who GPs refer patients on to and they organise the social prescription, but there are examples of doctors referring patients directly on to an activity.

Did you know?

There are hundreds of different opportunities on offer in each local area.

Social Prescribing support will vary from person to person and will depend on the issue that is affecting health and well-being i.e.

Need/Concern	Could be supported with
Isolation	Befriending, Friendship & Lunch Clubs, Recreational and / or Social Groups, Volunteering
Health & Lifestyle Changes i.e. Weight Management; Smoking; Diabetes; COPD	Exercise, Fitness and Weight Loss, Health Walks, Music and Movement, QUIT 51, Self Help Groups, Conservation, Volunteering
Carer Support	Carers group, Befriending, Friendship and / or Community Support Groups, Volunteering
Low level mental health issues	Social activity groups, Physical activity groups
Debt/ Poverty	Community Food Providers, Citizen's Advice, faith support groups
Frequent unnecessary clinical visits	Befriending, coffee mornings, mentor

These are just a few examples of activities that could help your clients through Social Prescribing.

A referral form can be downloaded from voluntarycentreservices.org.uk/socialprescribing or referrals can be sent via the Neighbourhood Network.



Please complete the form with information about how you think we could help. If you would prefer to discuss the case with one of the team please feel free to pick up the phone. Our contact info is overleaf.

Once the referral is received by the Social Prescribing Referral Hub your client will be contacted by an Advisor to establish how we can help.

Initial contact will normally be made by telephone unless an alternative method has been specified on the referral form. The purpose of the initial contact will be to book an appointment and obtain consent to record their information.

A telephone or face to face appointment, at one of our community hubs, will be arranged as appropriate.

You will be informed of any outcomes including support or referral. We will conduct follow ups at 1, 3 and 6 months to check how your client is getting on and offer ongoing support as required.