



Social Prescribing
Sutton

**Connecting you
with what matters**



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Social Prescribing Sutton is a service commissioned by Sutton's Primary Care Networks. Age UK Sutton (charity no.1085875) is the host delivery partner and contract holder.

What is Social Prescribing Sutton?

Many things affect our health and wellbeing - including our home life, family and relationships, finances, social connections, and work.

If you feel worried or stressed by these areas, or are isolated and lonely, we can help.

Social Prescribing Sutton - connecting you with what matters

Social Prescribing Sutton is a free, all-adult service for Sutton residents. Working alongside your GP, we can support you in a fully comprehensive way to understand your motivations, overcome barriers, and achieve goals.

We can connect you to a range of non-clinical services and activities that can help you take greater control of your overall health and wellbeing, and achieve positive, long-lasting changes in the areas that matter most to you.

What can I get help with?

You can talk to us about what is important to you. We can look at a range of topics including:

- Family and home life
- Housing
- Money, benefits and debt
- Work and volunteering
- Social connections and activities
- Loneliness and isolation
- Physical health and emotional wellbeing
- Practical support
- Help with care and caring

Our Mission is to provide a comprehensive, person-centred service for and with the community of Sutton; supporting patients to take back control of their lives and achieve their health and wellbeing goals.

How we work:

Comprehensive: It all starts with a conversation with one of our Link Workers, about what's important to you and what changes you'd like to make. We talk about different areas of your life and how they affect your health and wellbeing.

Flexible: We can work with you, as well as your partner, carer and family, using a combination of face to face and virtual / telephone support to flexibly fit around your needs and circumstances.

Person-centred: We can help to identify priorities, set goals, and develop a tailored action plan that keeps you at the heart of decision-making.

Community: Our links with the community provide support and advice to help patients better self-manage their lives and health.

By the end of your time with the Link Worker, you'll have a better understanding of what your options are, what's available in your local community, and how to access

the advice and support you need. There will be time to reflect on your progress and plan your next steps, and you'll get support to develop strategies and tools to help you self-manage your health and wellbeing and focus on what matters to you.

How do I sign up?

You must be aged 18+, be registered with a Sutton GP, and present no known risk or threat to yourself or others. Please note our service is not suitable for urgent crisis support, or for people with uncontrolled, high-level mental health needs and addictions.

Referrals must be made through your GP Practice. Speak to your GP or Receptionist and request a referral to Social Prescribing Sutton.