

## What is Social Prescribing?

Social prescribing enables a holistic approach to people's health and wellbeing and is increasingly being used to complement the work of GPs and their teams.

The approach continues to play a vital role in helping communities recover and rebuild after the coronavirus pandemic, with a particular emphasis on services to support mental health and combat loneliness

### Who are the referrers of social prescribing?

A range of organisations can refer a person for social prescribing, including but not limited to:

- General Practitioners
- Pharmacies
- Multi-disciplinary teams
- Hospital discharge teams
- Fire service
- Police
- Job centres
- Social care services
- Housing associations
- Voluntary, community and social enterprise (VCSE)
- A person can also self-refer.



### Who are the beneficiaries of Social Prescribing?

Social Prescribing benefits a whole range of people including but not limited to, people:

- with one or more long term conditions.
- who require mental health support.
- who are lonely or isolated.
- who have complex social needs which affect their well-being.

### What can Community Groups or Organisations offer?

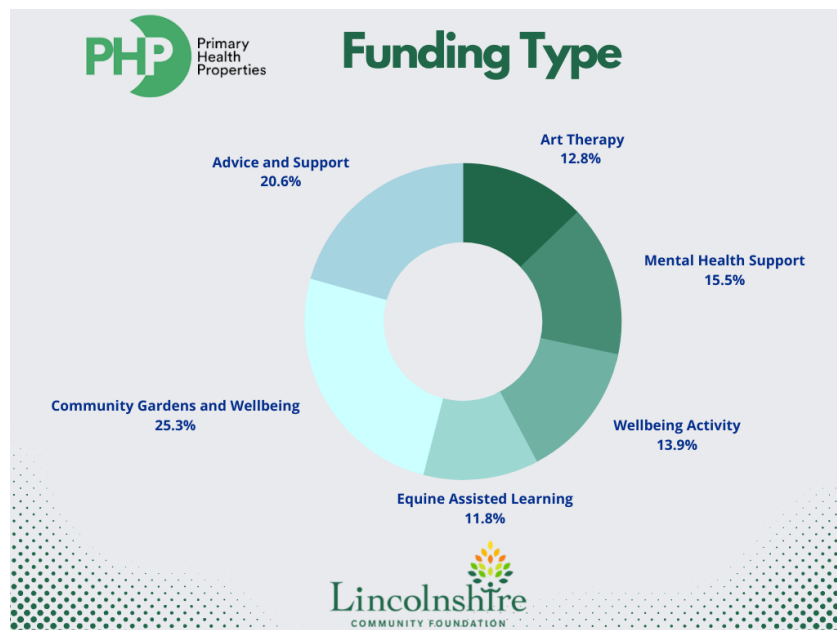
Voluntary sector groups are a vital part of our society as they can offer so many different and bespoke services to a community. There are many ways in which a community group can support a person with their health and wellbeing

- providing counselling, advice and support
- volunteering
- arts activities
- gardening
- cooking/baking
- befriending
- healthy eating
- sports



## How have Lincolnshire Community Foundation been involved with social prescribing?

In December 2021 Lincolnshire Community Foundation distributed £42,500 to 8 non-profit groups across the County delivering vital interventions to patients of GP practices owned by PHP Properties. to read more about this scheme, please visit our website, [www.lincolnshirecf.co.uk](http://www.lincolnshirecf.co.uk)



A chart showing what type of activity Lincolnshire Community Foundation funded with the PHP Grant.



A map showing where the beneficiaries of the PHP Grant are.

### References:

NHS England

Social Prescribing Academy