

Introducing **Jane Dolby**
- Social Prescribing Link Worker
in **Wickford**

Essex
Wellbeing
Service



Patients aged 18+
can be referred to



Social Prescribing

for any of the following issues:



What is Social Prescribing?

Social prescribing is the **non-clinical, non-urgent** support within your GP practice. **Social Prescribers** give **you** time to **focus on what matters to you** by taking a holistic approach to **your** health and wellbeing. They connect **you** to community groups and statutory services for practical and emotional support.

How can I refer?

You can **self-refer** by making an appointment through reception or requesting through your GP at appointments.

SURGERIES COVERED:

Robert Frew Medical Partners,
London Road Surgery
and Swanwood Partnership

Part of the

Provide
community

Service commissioned by

Essex County Council