

What is social prescribing?

It is a way in which we can help you to link with a range of local, non-medical activities, opportunities and support that can improve your health and help you to 'live life to the full'.

These activities, opportunities and support are typically provided by locally based, voluntary and community sector organisations.



Which GP surgeries do we cover?

Our team works with the 12 GP practices that make up the South East Locality:

- The Bell Surgery, Henley
- The Chiltern Surgery, Watlington
- The Brook Surgery, Chalgrove
- Goring Medical Practice
- Woodcote Medical Practice
- The Hart Surgery, Henley
- Mill Stream Surgery, Benson
- Morland House Surgery, Wheatley
- Nettlebed Surgery
- The Rycote Practice, Thame
- Sonning Common Health Centre
- Wallingford Medical Practice



Community Information Network

Tel: **01235 849 445**

or email us at:

socialprescribing@ageukoxfordshire.org.uk

Part of the
Age UK Oxfordshire
family of services

www.ageuk.org.uk/oxfordshire

9 Napier Court
Barton Lane
Abingdon,
OX14 3YT

Age UK Oxfordshire is a registered charity (No. 1091529) and company limited by guarantee. Registered in England and Wales No. 4328143. Registered office: 9 Napier Court, Barton Lane, Abingdon OX14 3YT. Age UK Oxfordshire is an independent autonomous organisation working with older people and their carers in Oxfordshire.



Social Prescribing in South Oxfordshire





The **Community Information Network** works within your community and can help to connect you to all the different services, activities, opportunities and support that exists locally.

Whether you need help at home, want to discover more about local activities or find out about benefits and support services that exist we can help you. Our aim is to work with you to support you to live as independently as possible.



What activities could I do?

- cream teas to pub lunches
- exercise classes to walk & talks
- cinema clubs to social afternoons
- bereavement support and befriending
- help with transport or opportunities to volunteer

We will work hard to find the activity or support that works for you

How could this improve my health?

Do you want to:

- Be more active
- Meet new people
- Make new friends
- Have something to look forward to
- Help other people
- Re-connect
- Learn something new
- Take up a new hobby
- Notice the world around you

We know that being active, engaging with others, learning something new and getting involved in the world around you will improve your mental health and wellbeing.

Why don't you take the first step and get in touch?

How can I use this service?

If you think that you, or someone you are close to, would benefit from our help or support please speak to your GP or Practice Nurse about being referred to us.

You can also contact us yourself direct by:

Phoning: **01235 849445**

Emailing:
socialprescribing@ageukoxfordshire.org.uk



What happens next?

Once you have contacted us (or been referred to us) one of our team of networkers will talk to you to find out more about what you would like help with.

They will arrange an appointment at a time and place convenient to you - this could be at the GP surgery or in your own home.

A networker will support you to find solutions and options that will help make a difference for you.