

Our Aim



We want to help each person to have more control over their own health and wellbeing, finding ways to improve how people feel in a way that suits them. This may include:

- Improving physical health
- Meeting new people
- Learning a new skill or activity
- Finding ways to improve your self-confidence or self-esteem
- Improving your lifestyle
- Getting involved with your community
- Connecting with advice and support

Client Comments

...it was a great help and made a real difference to my mood...

It's good to find a non-medical person that I can really talk to, who has time to listen. They made me feel differently about myself and what I was able to do...

I didn't feel so alone after I had spoken to my Social Prescriber, and I didn't realise how many things were available locally that I could get involved in.



Social Prescribers

...helping you to connect



Healthcare without tablets or creams!

Who are we & what do we do?



We are a lively team of non-clinical healthcare professionals with a variety of health-related backgrounds, working as Social Prescribers since 2019 for Coast & Country Primary Care Network. The team is overseen by our Wellbeing Team Lead, who also oversees the work of our Health & Wellbeing Coach and our Cancer Care Coordinator.

We can speak to:

- Any patient registered at Bradworthy Surgery, Hatherleigh Medical Centre, Holsworthy Medical Centre, Neetside Surgery and Stratton Medical Centre. We hold clinics at each of these centres.

Your Social prescribers can support you with a range of issues:

SOCIAL ISOLATION	BEFRIENDING SERVICES
BEREAVEMENT SUPPORT	CARER SUPPORT
ACCESSING LEGAL ADVICE SERVICES	EMOTIONAL WELLBEING SUPPORT
CANCER CARE SUPPORT	HOUSING SUPPORT
DEBT MANAGEMENT	VOLUNTEERING
HEALTHY LIFESTYLE	JOINING NEW GROUPS
DIGITAL ACCESS	RESPIRE SERVICES
EMPLOYMENT	LEARNING NEW SKILLS
BUILDING CONFIDENCE	

How do I book in?

By phone



Call your own practice and ask to book in with one of the social prescribers. Appointments typically last between 30 minutes to one hour

By email



Email the team non-urgently on

socialprescribing.pcnhbsv@nhs.net

In person



Talk to any of the healthcare team at your practice: a doctor or nurse, your phlebotomist or healthcare assistant, any member of staff should be able to book you in or get a message to one of the Social Prescribers. It's easy!

To find out more about our Social Prescribing go to:

www.rubycountrymedicalgroup.co.uk/social-prescribing



www.england.nhs.uk/personalisedcare/social-prescribing/