

**The name(s) of the Wellbeing Prescribers are:**

**Ryan Dunstan and Katie Cinque**



**They can be contacted via your GP Practice Reception.**

**Ryan or Katie will be based at the surgery every Wednesday.**



**The Cedars Surgery**  
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The Cedars Surgery

wilderness medical centre



## Patient Information Leaflet



**NHS**  
Windsor, Ascot and Maidenhead  
Clinical Commissioning Group

## Social Prescribing

*“Social Prescribing for Better Health and Happiness”*

[www.thecedarssurgery.co.uk](http://www.thecedarssurgery.co.uk)

## SOCIAL PRESCRIBING FOR BETTER HEALTH AND HAPPINESS

Social prescribing helps you explore extra services that may support you to improve your health and sense of wellness.

### HOW DOES IT WORK

You have been given a referral by a member of your GP Practice Healthcare team (GP, Nurse other health professional or another member of the Practice staff).

The Wellbeing Prescriber will contact you by telephone to discuss the referral with you. This will usually be between 5 and 7 working days. They may invite you to come and see them at the GP practice or arrange to meet you elsewhere.



### TOGETHER YOU WILL BE ABLE TO:

1. Explore what is important for your life and wellbeing
2. Identify the local activities and services you can benefit from
3. Gain support and encouragement to start using services that can help you

### THE WELLBEING PRESCRIBER IS:

- Someone to talk to confidentially
- Someone who is practical and helpful and who will not judge you
- Someone who can help you decide what you'd like to do to feel healthier
- Someone who can find you activities that will suit you and, if you want, who can go along with you to them to start with so that you don't have to go on your own
- Someone who can advise you on how to arrange appointments with medical services at times that suit you
- Someone who can give you support along the way

## MICK'S STORY:



*I was 111.3 kg when I started the programme and in 14 weeks I was 94.9kg. I feel great, I can walk up the stairs, talk to people more confidently.*



bromley by bow centre



### SOCIAL PRESCRIBING CAN LINK YOU WITH MANY SERVICES IN YOUR COMMUNITY TO HELP. THESE MAY INCLUDE:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities
- Accessing specialist services and support

Participating practices - Social Prescribing is a new service and your GP practice is one of the first to start offering it. We welcome your feedback. Please speak to any of the Practice staff.