



Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

Havant Borough Council	02392 446019
West Sussex County Council	westsussex.gov.uk
Citizens Advice Bureau	02392 200006
iTalk	02380 383920
Hayling Community Centre	02392 467545
Emsworth Community Centre	01243 373805
Healthwatch Portsmouth	02393 541510
Leigh Park Community Centre	02392 476382
University of a 3rd Age	07966 132738
Cycling Without Age	02392 065343

IN AN EMERGENCY DIAL 999

Feedback

“THANK YOU from the bottom of my heart for being such a wonderful support.”

How To Contact Your Social Prescriber

Ask any GP Surgery staff for a referral to your Social Prescribing Link Worker.

Contact Details for your GP surgery:

Waterside Medical Practice and The Elms Practice in Hayling

Telephone: **02392 462719 (Waterside)**

www.watersidemedicalpractice.co.uk

Telephone: **02392 466216 (The Elms)**

www.elmspracticehayling.nhs.uk

Emsworth Medical Practice

Telephone: **01243 378812**

www.emsworthsurgery.co.uk

YOU: a family, creatively empowering people to thrive in their communities.

Registered Address:

South Wing, Admiral House
43 High Street, Fareham, Hants PO16 7BQ

www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is a registered charity no. 291489



Social Prescribing

Hayling & Emsworth PCN

What We Do

Social Prescribing is a non-medical approach to support your health and wellbeing. Social Prescribers/Link Workers give you time to focus on 'what matters to me', taking a holistic approach to people's health and wellbeing.

Social Prescribing aims to support people with a wide range of social, emotional, or practical needs whilst improving mental health and physical wellbeing. We connect people to community groups and statutory services for practical and emotional support.

This includes:

- Taking the time to find out what is important to you right now
- Exploring whole family issues
- Connecting to Advice (Benefits/Housing/Legal)
- Addressing social isolation by building connections
- Introducing and accompanying to community activities
- Creating community activities where none exist - e.g. mums' walking group/local history photography project
- Connecting to lower level mental health support
- Employment support
- Connecting you to sources of practical support - home cleaning/shopping/food parcels/medicines/energy meter/heating replacement
- Connecting you to specialist support - domestic violence/sexual assault/homelessness

About the PCN's Social Prescribing

The Primary Care Network's Social Prescribing offer is a fantastic collaboration between three local surgeries and The YOU Trust, all of whom share the common goal of working together for the greater good of our communities. They take pride in their proactive approach to providing the best health care that they can; working with individual practices, wellbeing, and community support services and local community groups to offer a wide scope of services that can really make a difference to their patients.

Who We Can Help

Social prescribing works for a wide range of people, including people:

- With one or more long-term health conditions
- Who need support with their mental health
- Who are lonely or isolated
- Who have complex social needs which affect their wellbeing



How We Can Help

Our team understands that whatever the specific nature of your circumstances, you are an individual deserving of respect and with your own unique needs and interests. We will walk alongside you as you choose your own path.

We can speak with you on the phone, via video call, or we can meet face to face. Whatever feels most comfortable for you, we're happy to help. Together we can:

- Discuss issues you're facing
- Explore what is important to you
- Find local activities and services
- Support you to access activities and services

Hayling Island & Emsworth Primary Care Network

The Hayling Island & Emsworth Primary Care Network is a collaboration involving:

THE ELMS PRACTICE

WATERSIDE MEDICAL PRACTICE

EMSWORTH MEDICAL PRACTICE