

BAILIWICK SOCIAL PRESCRIBING FOR HEALTH AND WELLBEING

Life's problems can affect our health and wellbeing. Medication alone can't always make things better.

A DIFFERENT KIND OF PRESCRIPTION

Bailiwick Social Prescribing is a new **free** scheme linking people with sources of non-medical support, helping to improve their health and wellbeing.

WHO IS IT FOR?

Adults over the age of 18.

HOW CAN WE HELP YOU?

Our professionally trained Link Workers meet with you face-to-face, or speak to you over the phone. **Together during free sessions our Link Workers will:**

1. Listen to you and discuss issues you're facing
2. Explore what is important to you
3. Find trusted local activities and services which are free or low cost
4. Give you support to access them

SUPPORT TO HELP YOU FEEL BETTER

- Advice around opportunities to be more active
- Arts, music, outdoors, creative activities and social connection
- Housing, benefits and financial support and advice
- Employment, learning and volunteering
- Befriending, counselling and emotional support groups

Bailiwick Social Prescribing Link Workers are here to support you to feel comfortable, overcome any barriers and help you to get on the right track to feeling better.



HOW DO I MEET WITH A LINK WORKER?

If you think that you, a family member, friend or colleague would benefit from meeting a Bailiwick Social Prescribing Link Worker just ask your GP.

At first you can be referred to Bailiwick Social Prescribing by your IslandHealth GP. As the scheme expands people will be able to be referred by other health professionals, organisations and agencies, family, friends or themselves.

Medical Practices that can refer you

Island Health

- L'Aumone
- St Sampsons
- Town Surgery, St Peter Port

ASSISTANCE WITH GP COSTS

Victoria Hospital Incorporated is a charity set up to assist Bailiwick of Guernsey residents with unaffordable medically related expenses including GP visits relating to social prescribing. For assistance call **01481 249942**, apply online at **www.vhi.org.gg** or contact **admin@vhi.org.gg**