

East Hants PCN Social Prescribing Service



The East Hampshire PCN is made up of the following GP Surgeries:

Badgerswood

Pinehill

Riverside

Liphook and Liss

Swan Medical Group

The Grange

Clanfield

Horndean

Rowland's Castle

There are many things that can affect your physical and mental wellbeing. Some of these can stem from feeling lonely or isolated, being stressed about work, money or housing issues or even from having to learn to cope with long term conditions.

Social Prescribing is a way to help provide you with the tools you need to improve your own wellbeing by listening and linking you in with community groups, new activities or pointing you in the right direction to get the help you need.

East Hants PCN have a fantastic team of Social Prescribing Link Workers who are passionate about helping others to improve their own wellbeing in a way that suits each individual. By working closely with you, they can help come up with a support plan that details concerns and goals and can advise of ways to improve how you are feeling in a way that works best for you.

They have contacts for a number of community groups, activities and resources that they can put you in contact with and most importantly, have the time to listen to what truly matters to you so that you can really focus on improving your general health and wellbeing.

Your GP can refer you to our Social Prescribing Team. We will work with you to:

- Discuss the problems you are facing
- Explore what is important to you
- Agree your goals
- Find local activities and services and help you access them





Meet the Team

NATASHA

My background is in Community Work, having worked at East Hampshire District Council Community Team where I managed a walking scheme and worked closely with community groups across East Hampshire. I have also done various volunteering roles such as a mentor for the children’s charity NCH, a befriender for older people and am currently a trustee of a village hall. I am looking forward to supporting you by providing a holistic approach to your health and wellbeing by finding out what matters to you. I look forward to meeting you.

BETH



I have worked within a GP surgery for many years and have a keen interest in mental health, dementia and nutrition. I have a genuine passion for helping individuals meet their full potential and enjoy living by giving support and empowerment as well as a few life tools.

SAM



I have worked in the NHS for just over 20 years. 10 of which were working with adults with learning disabilities, problem solving and enabling independence, but most recently as a Community Midwife. Within Midwifery I specialised in working with young and vulnerable families and those with mental health issues.

Personally I enjoy spending time with my family and my 2 dogs, gardening and cooking too.

KATRINA

“I have worked within the health service for over 25 years in both clinical and non-clinical roles. My roles span from an acute hospital setting, specialist crisis support services and community pharmacy. As a Social Prescriber I will work holistically with you to gain an understanding to ‘what is important’ to you. We will then work together to make a meaningful difference to your well-being.

Outcomes

Improved Health Improved Wellbeing Improved Work Opportunities

Social prescribing links people into community support to help them improve their quality of life