



OUR BACKGROUND

The Annexe is a long standing healthy living centre in Partick, Glasgow. Our mission is to adopt a Community-led Approach to improving the Health and Wellbeing of our community.

The Social Prescribing Project is central to our aim to help individuals within the community and support their social needs. Social Prescribing is currently funded by Scottish Government Investing in Communities Fund until 2026



CLIENT TESTIMONIAL

Alice*, aged 35, was suffering from loneliness and a low mood. Alice met our social prescriber and decided to join a social café and healthy cooking classes.

"Social Prescribing really helped me to get back into my community and meet new friends. I'm feeling so much better now."



*Names changed to protect privacy

WHO BENEFITS?

Clients: Social Prescribing addresses the individual social needs of a person using a holistic approach to health. It empowers people to take greater control over their own health and wellbeing and connects them with their community.

GPs and Primary/Community Health Care professionals: This process encourages self-management, can reduce demand on clinical services and improve social connections.

Communities: Social prescribing connects a variety of local support and services. It enables community organisations to respond to social needs.

HOW DOES IT WORK?

- 1 A healthcare professional makes a referral to the social prescriber based at the Annexe.
- 2 The Social Prescriber and the client have a one to one meeting to discuss individual support needs.
- 3 The client is supported to engage in suitable community-based activities over a 3 month period. And if they chose - become a regular member of the Annexe



ACCESSING OUR SERVICES

Social Prescription referrals can be made by email or post using our standard referral form, contact:

Sandra MacDowell
Social Prescriber
Annexe Healthy Living
Centre
9 Stewartville St
G11 5PE

Tel: 0141 483 8885
SP@annexecommunities.org.uk
W: www.annexecommunities.org.uk



**Annexe
Communities**

Social Prescribing at the Annexe



Social prescribing enables healthcare professional to refer individuals who experience social isolation, low mood, mild depression, long-term conditions or physical inactivity to community support programmes and activities. This includes one to one health pathway coaching and access to Annexe activities

