A Community Response to the C-19 Pandemic

SPRING
Social Prescribing

SPRING Social Prescribing helps people aged 18+ to address; **social**, **emotional** and **practical needs**, by connecting them to sources of comfort within their community to improve their **health & wellbeing**

SPRING supports during Covid.

GP's, Primary Care health professionals and pharmacists* refer patients to **SPRING Social Prescribing**, who are suffering from; social isolation, low mood, mild depression, long term conditions or physical inactivity.

SPRING Social Prescribing has adapted to continue offering community supports to people throughout the Coronavirus pandemic. Supports offered include:

- **One to one contact (telephone, text, video link or social distance visits)**
- **Online wellbeing workshops**
- **Counselling**
- **Physical activities**
- **Small or virtual peer support groups for those with long term conditions**
- **Small or virtual arts and horticultural groups**
- **Financial advice and guidance**

**Pharmacists should contact social prescriber to discuss referral pathways.*

**Social distance guidelines, risk assessments and sanitisation measures will be implemented.*

How does it work?

A GP, Primary Care health professional, Pharmacist makes a referral to a SPRING Social Prescriber based in the community

The Social Prescriber and client arrange a one-to-one call or socially distanced visit to discuss the individual's support needs

The client is supported to engage in suitable Covid-safe activities and services

The Social Prescriber provides ongoing support throughout the client's health pathway to improved health and wellbeing to help them achieve better health and wellbeing outcomes.

Accessing Social Prescribing Services

If you feel your patients could benefit from a Social Prescription, contact your local Social Prescriber for more information on the referral process.

www.springsp.org
@SPRINGSocialPRe

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Annexe Communities — Wellbeing on your doorstep — Partick Healthy Living Centre

COMMUNITY FUND

SCHW — community-led