



Social Prescribing Service

**Our new practical and emotional support service
for all patients and their carers and family members.**

Many things that affect our health can't be treated by doctors or medicine alone. This can include things like loneliness, debt or stress due to financial pressures, poor housing, social anxiety, even unemployment.



This is where social prescribing can help. Social prescribing can change the circumstances that make people feel more unwell.

It can help you manage existing health problems, make sure you know how to access the right financial benefits or get back into employment.

It can help you to connect with other people and grow in confidence.

It's joining the dots, completing your individualised care and connecting you to other services.



Social prescribing is seeing the bigger picture and supporting people on an personal basis, exploring non-medical needs which can also have medical benefits.

- If you are feeling isolated, we can help you to join a social group, find a hobby or a community project, based on what works for you.
- If your finances are leading to stress, we can connect you to a service that helps with managing debt or claiming benefits.
- If you have high blood pressure we can help you to find a form of exercise that works for you.

Contact our Patient Pathway Team to find out more or to book an appointment.

Call 01785 270832 or email: care@khospice.org.uk

Let us join the dots!