

Self Referral Form

NAME:

ADDRESS:

DATE OF BIRTH:

TELEPHONE NUMBER:

EMAIL:

It may be helpful to talk about:

- Money/Benefits/ Debt
- Emotional Support (Bereavement, Relationships etc.)
- Family Support
- Housing Issues
- Stress/Anxiety/Low Mood
- Feeling Lonely Isolated
- Healthy Lifestyle (Diet, Exercise, Stopping Smoking)
- Staying Independent
- Support Around a Disability

I give consent for the Social Prescribing Service to contact me:

Contact Us

You can access the service in a number of ways:

- 1) Online by going to our website or use the QR Code below.
- 2) Ask your GP Practice to refer you.
- 3) Filling in the form on this leaflet and posting it back to us at the address below.



www.nlspcn.nhs.uk



North Lincs South PCN,
Social Prescribing Service,
Ashby Clinic,
Column Lane,
Scunthorpe.
North Lincolnshire.
DN16 2SZ.



north lincolnshire
SOUTH
primary care network

Improve Your Health and Wellbeing

Social

Prescribing

Service



How We Can

Help

- Worried about money?
- Feeling stressed?
- Overwhelmed?
- Low?
- Isolated or lonely?
- No one to turn to?
- Want to get active?
- Want to meet new people?
- Need help getting into employment?

Social Prescribing may have the answer

Did You Know?

Around 1 in 5 people who see their GP have problems that medical help can't fully treat.

What We

Do

Social prescribing tackles the non-medical problems that can affect your health and wellbeing.

Social prescribing looks at all your needs from the different areas of your life, and supports you to take more control of your health and wellbeing.



Together, we work out what help you need and connect you with the right support.

Who We

Support

The Social Prescribing Team offer help and support to anyone aged 16 years and over, registered with the following GP practices:

- Ancora Medical Practice
- Ashby Turn Primary Care Centre
- Cambridge Avenue Medical Practice
- Cedar Medical Practice
- Kirton Lindsey & Scotter Surgery
- West Common Lane Teaching Practice

We work together with your GP, other health professionals and agencies to support you.

This service is delivered by the NHS and is completely free to those who use it. If you decide it isn't for you, then you can opt out at any time.