



Your Social Prescriber is called Lucia.



If you would like to access Social Prescribing

You can talk to your GP or an Administrative Assistant about making a referral for you.



Social Prescribing

For Children and Young People



What is Social Prescribing?

Free support and advice for children and Young People (ages 5-18) to help improve their health and wellbeing.

We also provide links to relevant local and national services.

Areas we can help with:

emotional wellbeing

healthy / active lifestyle

education, training and volunteering

arts, music, outdoors and creative activities

online issues

befriending, counselling and emotional support groups

additional educational needs

How it works



1

Doctor agrees referral for Social Prescribing



2

Social Prescribing team schedules a face to face, or video call appointment with you.



3

We work together to create a Self Care Plan that helps you.



4

Follow up sessions are arranged regularly. When you are ready to finish, a closing session will be planned.