











Top Tips

Social Prescribing

-  Ensure clear pathways and criteria for **referrals**.
-  What is the **person's** top priority - build from their wishes.
-  Take time to build and establish good **relationships**.
-  Address a **person's** concerns within a framework for positivity whenever possible.
-  **Home visits** are valuable to the person and to you.
-  Not everyone wants to join or attend a formal group or activity. Our **informal social drop-in groups** have provided a platform to build confidence and friendships.
-  A good **befriending** scheme can alleviate isolation, particularly when someone has mobility issues - and provide trusting, long-term relationships which benefit both parties.
-  Ensure that someone will be made **welcome** if you are recommending that they go to an activity - consider providing an accompanied introduction.
-  Often **confidence** needs to be built to attend any activity. Quick results are not often achieved - time spent in finding **lasting outcomes** is well invested.
-  People want a **purpose** - helping out, volunteering, welcoming new people, organising.