

Social Prescribing at Lister House

At Lister House, we have a team of social prescribers who are here to support you to achieve your health and well-being goals. This service is available across all of our sites.



What is Social Prescribing?

Many things can affect your health and well-being over time, **1 in 5 GP appointments** focus on the wider social aspect of your life rather than acute medical issues such as managing different long term health conditions. That is where social prescribing can come in and it all starts with a conversation with our Social Prescriber.

A Social Prescriber is...

- Someone you can talk to confidentially
- Someone who is practical and helpful and who will not judge you
- Someone who can help you decide what you'd like to do to feel healthier or better in yourself
- Someone who can find you activities that will suit you and, if you want, who can go along with you to them to start with so that you don't have to go on your own
- Someone who can advise you on how to arrange appointments with medical services at times that suit you
- Someone who can give you support along the way.

