

To discuss a referral to the Social Prescribing service, speak to the reception team at the following Medical Practices:

- Ivy Grove Surgery
- Jessop Medical Practice
- Somercotes Medical Centre
- Park Surgery
- Kelvingrove Medical Centre
- Brooklyn Medical Practice
- Parkside Surgery
- Ripley Medical Centre
- Crich Medical Practice

Or contact us directly:



Amber Valley CVS

33 Market Place, Ripley, Derbys DE5 3HA



01773 512076



admin@avcvs.org



www.avcvs.org



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Amber Valley CVS, proud to support our community and its people with voluntary action

Social Prescribing Service



Connecting you to local services to improve your physical and mental wellbeing



Volunteer Centre
Amber Valley

Amber Valley CVS Social Prescribing Service...

is a free service being provided in partnership with the Heanor, Alferton and Ripley Primary Care Network. The aim of the service is to work alongside G.P. practice teams to help you explore activities and local support that could improve your health and wellbeing.

What is Social Prescribing?

Many things in life can make us feel unwell and a medical prescription is not always the answer.

Social prescribing can help you to take control of your own health and wellbeing by giving you time to think about what matters most to you and how the service can work with you to improve your health and happiness.



Social Prescribing is about developing Stronger Partnerships, between you, your community and supporting services

MONEY WORRIES **LONELINESS**
ISOLATION
UNEMPLOYMENT **EDUCATION**
HEALTH AND FITNESS
HOUSING ISSUES

How does Social Prescribing work?

A member of your G.P. Practice Healthcare team can refer you to the Social Prescribing Link Worker, or you can refer yourself by using the details on the next page.

We will then contact you to discuss the referral and arrange to meet you in a place that you feel comfortable, for most people this is at home.



Together, we will look at what is important to you and your wellbeing and develop a Support Plan, identifying how you can access local services and activities to help you reach your goals, with further support from the Link Worker if needed.

What sort of services could the Social Prescribing service link me with?

We can explore local services in your community, such as:

- Housing, benefits and financial support and advice
- Healthy lifestyle and physical activities
- Befriending and support groups
- Training and volunteering
- Social and creative activities

