

# About the service



CROWN Primary Care Network (PCN) is pleased to be working in partnership with Citizens Advice Milton Keynes. Together, we're providing a Social Prescribing service to patients of the following surgeries in Bletchley:

- Whaddon Medical Centre
- Water Eaton Health Centre
- The Red House Surgery

Social Prescribing Link Workers, who are employed by Citizens Advice Milton Keynes, are now working in the surgeries on a regular basis, and are on hand to support any of the patients registered there.

## What is Social Prescribing?

Social Prescribing is a service for adults aged 18+ and offers social, emotional and practical help to people who might be feeling lonely or anxious.

The service connects patients to local community activities, groups, and services that can help address practical, social, and emotional needs. Instead of a doctor, a Link Worker takes the lead, discussing your well-being goals with you and understanding what matters to you most.

## How could it help me?

Everyone's situation is different, but Social Prescribing could help you discover a variety of different pursuits or types of support in your area, for example:

- **Creative activities** like art, dance, knitting, cooking, and sports.
- **Green initiatives** like walking groups and gardening clubs that enhance mental well-being.
- **Support and statutory services** for practical help and emotional support, including debt counselling and housing advice.
- **Volunteering opportunities** to help build confidence to get back into work.

In summary, what Social Prescribing aims to do, is help you to find a sense of purpose and help you build your confidence through:



## How do I speak to a Link Worker?

- Your GP may suggest referring you to the Link Worker based at your surgery and discuss it with you.
- You can also ask a member of staff to put you in touch with them if you prefer.



## Where will my appointment be?

- This may depend on the surgery you normally attend, but our Link Workers will try to arrange an appointment with you that works best for you and your availability.
- We can meet with people face to face or over the phone depending on their circumstances. At surgeries that have limited space for appointments, we may suggest a phone call in the first instance.





**Citizens Advice Milton Keynes** is the operating name of Milton Keynes & District Citizens Advice Bureau Limited.

A **registered local charity**, established in 1972, and a company limited by guarantee.

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