

Social Prescribing in Dunstable

Would you like to improve your well-being?
Do you need help to sort out your worries?

Our Social Prescribers can help connect you to local sources of information and support for **free**.

Ask your local GP surgery/ pharmacy about getting referred for a confidential appointment.



Email: socialprescribing@dunstable.cabnet.org.uk
Website: <https://www.dunstablecab.org.uk/>
Tel: 01582 670003

What is Social Prescribing?

Many people in the UK are in situations that have a detrimental effect on their health and wellbeing.

Factors contributing to health inequalities can often include:

- Financial worries
- Low self-esteem
- Isolation and loneliness
- Poor housing
- Relationship difficulties
- Physical and mental health problems
- Adaptions required to help cope with long term conditions

It is estimated that around **20%** of patients consult their GP for what is primarily a social problem.

At Citizen's Advice Dunstable **Social Prescribing Service**, we aim to support the local GP surgeries by assisting the patients that require additional non-medical support to free up GP's time.

The support we can offer varies from each individual but can look like this:

- Help filling out applications (Blue badge, PIP forms and contesting decisions/ asking for reviews)
- Letting you know what social groups are on in the area and helping you attend them.
- Housing needs: reporting mould, finding out what accommodation you are eligible for/ home adaptions.
- Accessing care/ support and assessments
- Sorting support with a bereavement
- Tackling your financial worries: benefit check, debt support and eligibility for grants/ schemes

Our Social Prescribing service works alongside your GP surgery to offer you personalised and flexible support to empower you to regain your life at a pace that is appropriate to YOU.



How can I access this service?

If you feel you need additional support with any of the matters outlined on this flyer, please speak to your local **Dunstable** pharmacist/ GP or health care professional for a **free referral** to Citizens Advice Dunstable's Social prescribing service, who have proudly partnered with the Chiltern hills PCN to support you.

You will be supported by our friendly, empathic team who look forward to helping you.