

# **Do You Need Support With Non-medical Problems?**

## **Your Surgery's Social Prescriber Can Help You**

We Support Patients with non-medical problems in a practical way  
**What Matters to us is "what matters to you"**

Your Social Prescriber is Helene Evans

To contact her either talk to our reception staff who will arrange a consultation or you can ring her directly:

(Monday to Thursday 9am-6pm) **07377925067**

**Email:** [Helene.Evans1@nhs.net](mailto:Helene.Evans1@nhs.net)

### **Some of the things we can help with**

- **Wellbeing – Anxiety, loneliness/social isolation, mobility issues, debt, finances, help to apply for financial support, paperwork, hoarding, cleaning, house maintenance, trades people, arrange transport, blue badge, making phone calls, problem solving.**
- **Liaising with community teams – Social services, district nurses.**
- **Housing Adaptions – O.T. assessments, stair lifts, mobility aids.**
- **Carer Breakdown (if you are a carer for someone and need support)**
- **Housing issues.**
- **Arranging Home visits by – Dentists, Opticians, Podiatrists.**
- **Information on Community Groups/Clubs/Coffee meets, to re-engaging with your community.**
- **Emotional support – Bereavement/loss, family issues, coping with new diagnosis, family/partner diagnosis.**
- **Information and advice, signposting to other Charities and/or organisations.**

**During the Covid-19/shielding period – We can arrange Volunteer support to get food supplies/medication delivery to your home or Phone welfare/befriending calls for people struggling with loneliness through self-isolating.**