

Social Prescribing Service

To discuss a referral to the Social Prescribing service, speak to the staff at your GP Practice Or contact HertsHelp on: 0300 123 4044.

Meet your Social Prescribers

Jennifer West



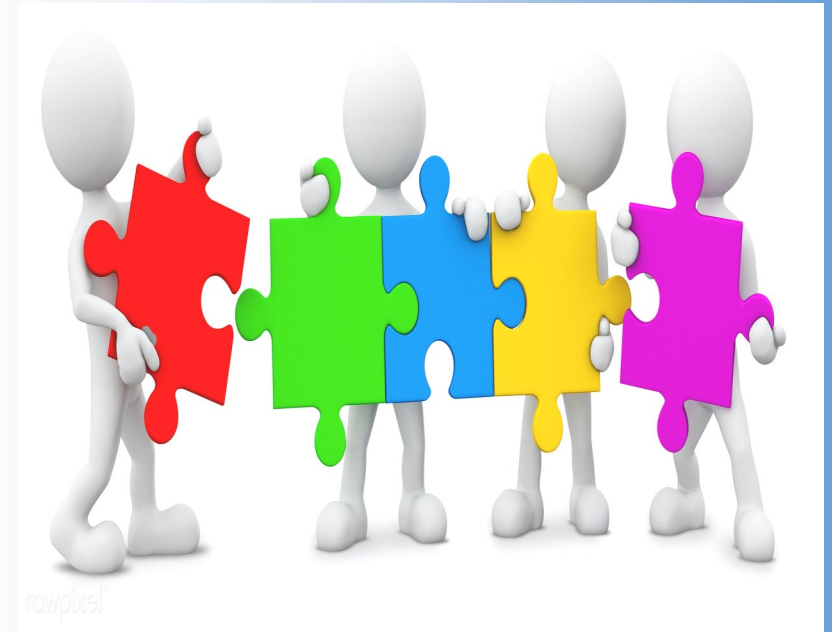
I have a degree in Education and have over 17 years experience of working with children/young adults with learning difficulties. During this time I have worked in various settings including education, social care and SEND care. I am passionate about supporting people to encourage them to achieve their goals and improve their wellbeing, I enjoy taking my two dogs for walks and working on my allotment

Megan McGing



I have a degree in Psychology and have spent time working in both the education and medical sector. In my previous role I spent time working with individuals with multiple physical and psychological conditions, predominately over the age of 65. As well as supporting them, I helped to support their carers.

I enjoy listening to music and spending time with friends and family.



A free service connecting you to local services to improve your physical and mental wellbeing

Working in partnership with



What is social prescribing?

The aim of social prescribing is to look at ‘what matters to the individual’. In doing so it takes a holistic approach to both an individual’s health and wellbeing. It strives to give individuals more control over their lives and what things are affecting their wellbeing. It is not always the case that a prescription for ‘medication’ or what is viewed as traditional treatments will help to make an individual feel better in themselves but instead, social prescribing may be the answer.



What kind of things can social prescribing help with?

The Social Prescriber Link Worker can help to link you up with various community services, both statutory and voluntary who specialise in areas such as:

- > Isolation and befriending
- > Housing queries
- > Financial and benefit difficulties
- > Getting more active and helping to pursue physical activities in which you may like to join
- > Further education, training or skills development
- > Support with completion of forms
- > Support for mental wellbeing
- > Establish links to local community—based support