# What is Social Prescribing for Families?


## At its most basic, support via the family social prescribing scheme offers the kind of help that doesn't come in a tube or bottle.

It provides nonclinical whole family support with the aim of helping to improve the health and wellbeing of the whole family.

## Social Prescribing is a free NHS service.

**To find out how Social Prescribing can work for you, talk to a Doctor or Health Navigator today!**

### Channel View Surgery

01626 774656

### The Den Site

01626 773222

### Bishopsteignton Surgery 01626

775256

**Chudleigh Health Centre** 01626 852222

### Glendevon Medical Centre

01626 770955

### Riverside Surgery

01626 873331

### Barton Surgery Dawlish

01626 888877

### The Warren Surgery

01626 888877

**Family Social Prescribing**

**Scheme**

**A service that can help you and your family when things seem tough**

# Types of Support You Will Receive


#### C O N V E R S A T I O N

1:1 conversation about your families social, environmental and emotional needs

#### S U P P O R T

Support to feeling empowered about making lifestyle changes to better your families circumstances

#### E D U C A T I O N

Receive information on how to access educational tools that will help you and your family to adopt a healthier lifestyle and improve your health outcomes

#### S I G N P O S T I N G

Support in finding the available local family support services

#### O P P O R T U N I T Y

Creating opportunity for you and your family engage in appropriate and beneficial community services

**Studies Show That Whole Family Support Works**

Studies show that families who engage with whole family support improves family functioning and engagement with services that can help to improve their health and wellbeing.

# Your Social Prescribing Team

Your Social Prescribing Team work across The Coastal Network which includes:

Barton Surgery Channel View Medical Group

Teign Estuary Medical Group

The team will allocate time to discuss what matters most to you and your family and support you to learn about the nonclinical services and opportunities that could help to improve your families health and well- being.