

Social Prescribing Referral Form for Self-Referrals

Social Prescribers connect people to voluntary sector activities, support groups and community resources to promote health, well-being and independence.

If you would like information and support from one of our social prescribing teams, please complete this form and email it to the secure inbox:

social.prescribing@snee.nhs.uk

or call: 07971 594709

to connect with a Social Prescriber in:

Bury Town
Bury Rural
Haverhill
Sudbury
Newmarket
Mildenhall and Brandon

Is the service for me?

- ✓ You would like to be contacted by a social prescriber and you are 18 or over
- ✓ You are interested in improving your wellbeing; such as connecting with others, making healthy lifestyle choices, making positive changes, developing skills, increasing knowledge, becoming more confident.
- ✓ You might want more social contact with other people, perhaps you would like to worry less, feel more motivated, get advice and find practical support. Maybe you're not sure where to start.
- ✓ You feel ready to commit to making lifestyle changes and will make good use of the service.
- ✓ You will attend appointments and be active in your social prescribing journey.
- ✓ If you are a carer, you can refer yourself. We can provide advice and support for your needs as well as for the person you care for.

If you are unsure whether social prescribing is right for you just now, you can complete the form and we will contact you for a chat.

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Your Details	
Name:	Phone Home: Phone Mobile:
Address:	Email:
DOB:	Preferred language:
Gender:	
GP Surgery:	
Name of GP:	NHS Number: (if known)
Do you have any ongoing physical or mental health conditions?	<input type="checkbox"/> Yes <input type="checkbox"/> No Brief Details:
Where did you find out about LifeLink?	
What are you hoping to achieve through the service? (tick box)	
Have more social contact with others	
Build new relationships in the local community	
Increased employment prospects	
Improve confidence and self esteem	
Improve health and wellbeing	
Signposting and advice on issues such as financial, housing, finding voluntary work, carer support.	
Other (please state)	
Please tell us a bit more about the sort of information and support you hope to gain.	

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