



## Who are we?

▶ At Voluntary Centre Services we support volunteers into opportunities with voluntary and community organisations across West Lincolnshire.

▶ As well as operating our accredited Volunteer Centres that support over 500 volunteers each year, we can offer help to anyone wishing to set up a group, funding advice and access to news and networks in the voluntary and community sector.

▶ We have an active team of invaluable volunteers working alongside staff to provide support to a range of local community groups and voluntary organisations.

▶ We help to develop new ideas and opportunities, and support local groups and organisations to work to best practice standards and deliver quality local services.

## Contact us

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NG34 7DF

Lincoln 01522 551683  
c/o City Hall  
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DN21 2NA

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Voluntary Centre Services



@VCSLincs

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## Social Prescribing & Navigated Self Care

*Information for practitioners*



*Helping everyone to make a difference*



# Social Prescribing

▶ Social Prescribing is a means of enabling primary care services to refer patients with social, emotional or practical needs to a range of local, non-clinical services, when medical intervention is not getting to the root of the individual's problem.

▶ GPs, nurses, housing providers, social care teams and family members can make referrals.

▶ The services are usually provided by the local voluntary sector, but statutory services provided by councils, housing associations or the NHS can also be involved.

▶ Prescriptions can include a variety of things, from arts groups to activities that involve physical exercise, or simply putting people in contact with services which advise on issues like debt, benefits and housing.

A referral form can be downloaded via the Social Prescribing tab on our website.

If you would prefer to discuss the case with one of our team, please feel free to give us a call.

Once the referral is received by the Social Prescribing Referral Hub your client will be contacted by an Advisor.

Initial contact will normally be made by telephone, with the purpose of obtaining consent to record their information.

A telephone or face-to-face appointment, at one of our community Hubs, will be arranged as appropriate.

You will be informed of any outcomes including support or referral.

We will conduct follow ups at 1, 3 and 6 months to check how your client is getting on and offer ongoing support as required.



# What we offer

Need/concern	Examples of support
Isolation	Friendship & lunch clubs, recreational and/or social groups, volunteering
Health & lifestyle changes	Activities, health walks, Music and Movement, lifestyle support services, support groups
Carer support	Carers groups, befriending, friendship and/or community groups
Low level mental health issues	Social activities, support groups, physical activity opportunities
Debt/poverty	Community food providers, advice services, faith groups, financial support
Frequent unnecessary clinical visits	Social / lifestyle support eg befriending, coffee mornings, mentors