

About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

How can I find out more?


If you want more information about Social Prescribing and how it is being offered please get in touch with the Wellbeing Coordinator based in your surgery.

www.family-action.org.uk

City and Hackney Social Prescribing Service Family Action

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 This service is commissioned by City & Hackney CCG

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Family Action Social Prescribing

Better health, better communities

Improve your health and wellbeing through
activities and services in your community



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What is Social Prescribing?

Social Prescribing is about giving you access to activities, social groups, services and advice based on your needs and interests.

The aim is to improve your sense of wellbeing which in turn can often have a positive impact on your health.

This service is available to anyone over 18. It is based in GP practices across City & Hackney.

It does not replace the medical role your GP plays.

How does it work?

Research shows that we can often improve our health and our sense of wellbeing through taking part in activities or joining social groups.

If your GP thinks you might benefit from the Social Prescribing Service they will refer you to the Wellbeing Coordinator who works in the surgery. During your first appointment the Coordinator, will talk you through the options available to you and work with you to find local activities, services or advice that suit your needs and interests.

If you are not comfortable about joining a group or activity on your own the Coordinator can introduce you to a volunteer who can go with you.



“Talking to someone on a one-to-one basis has really helped me; it’s given me the motivation to look at my life and the changes that I can make. It’s given me that extra push, taking things one step at a time - I’m moving myself forward.”