

The Importance of Social Prescribing in GP Practice: Raising Awareness to Support Patients experiencing Loneliness and Social Need.



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Aim of Project



To raise awareness of social prescribing, empowering patients to ask for support in GP practice and developing nursing confidence in signposting.

Why This Project?

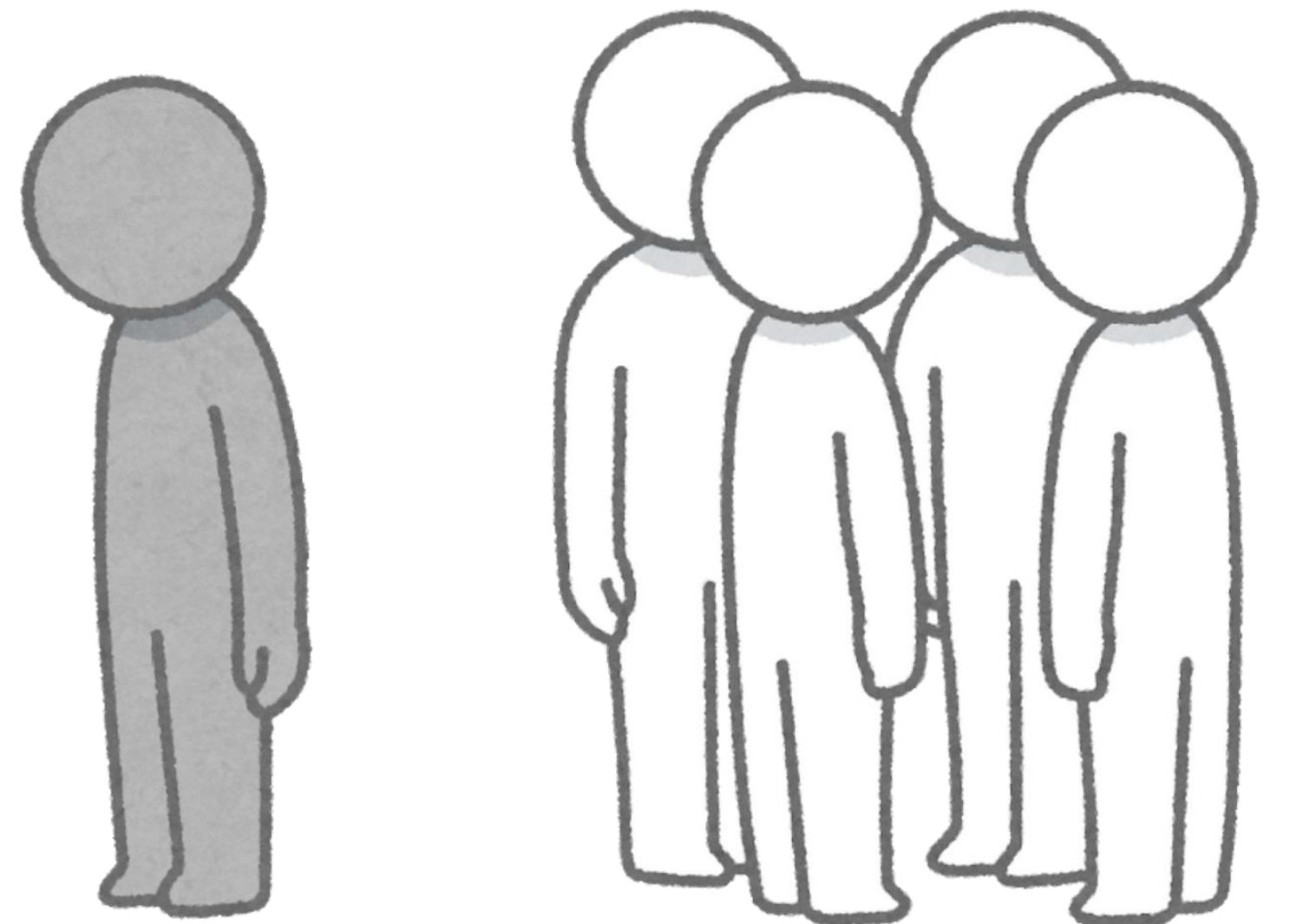
- Encountered patients in a GP practice who were unaware of available support.
- Observed social needs such as loneliness, bereavement, and financial stress raised during consultations.
- Insight day at Meir Community Lounge, where I observed social prescribing link workers and how individuals accessed community-based support for social, emotional, and practical needs alongside GP care.



Why Focus on Social Isolation and Loneliness

- Social isolation and loneliness are widespread public health concerns.
- Around 16% of people globally (1 in 6) experience loneliness.
- Loneliness is most prevalent among adolescents and younger adults.
- However, it affects all age groups including 11.8% of older adults.

(Source: WHO, 2025).



Evidence shows strong links to:

- Poor physical health.
- Mental health difficulties.
- Reduced quality of life.
- Increased mortality risk.

World Health Organization. (2025). Social isolation and loneliness have serious impacts.



Why Awareness Matters



- Many patients do not know social prescribing exists.
- If patients are unaware, they may not ask for support.
- Awareness empowers patients to start conversations in GP practice.

What Is Social Prescribing?



- A personalised care approach.
- Connects people to community groups, activities, and services.
- Supports social, emotional, and practical needs alongside GP care.

Source: NHS England (2025)

Why Social Prescribing in GP?

- Addresses non-medical root causes such as loneliness and stress.
- Reduces pressure on GP appointments and repeat prescriptions.
- Empowers patients through personalised support.
- Helps tackle inequality and strengthens community connections.

Source: NHS England (2025)



The Role of the Nurses

- Recognising social and emotional needs during routine care.
- Raising awareness of social prescribing.
- Encouraging patients to ask about available support.
- Signposting appropriately within GP practice.



Community Activities Timetable

WHATS ON IN January 2026 – MEIR PRIMARY CARE WELLBEING TEAM in partnership with CRT * ALL EVENTS ARE FREE TO ATTEND*				
Monday	Tuesday	Wednesday	Thursday	Friday
If you require further information, please email us at: MeirPCN.SPLW@stoke.nhs.uk  Social Prescribing Meir primary care 				
5th Community Lounge 10-12 (Former Library), Sandon Rd, Meir Meir Mental Health Matters 9-12 Rowan Village, George St. Meir Chair Based Exercise 0.30-11 Lifestyle Circuits 11.15-11.45 Broadway Methodist Church Pickford Place, Meir, ST3 7DX	6th Chair YOGA & Stretches 10-10.30 Chair based Exercise 10.45 -11.15 Strength & Balance 11.30-12 Fowley Meir FC, Whitcombe Road, Meir ST3 6AU Men Matter - drop in 1.2.30pm The YARD, forest Rd, Meir. ST3 7BY	7th Wellbeing Wednesdays Rowan Village, George St. Meir Book & Brew 9.30-11.30 Broadway Methodist Church Pickford Place, Meir ST3 7DX CRT walking Group 10-11.30 Meir Community Education Centre Pickford Place, ST3 7DY Eat Well, Be Healthy wk1 10-12 Fowley Meir FC, Whitcombe Road, Meir ST3 6AU Fibromyalgia Peer Support Group First & third Wednesdays of month 1.30-3.30pm Rowan Village, George St. Meir Social Prescribing drop -in 1 -2.30 +AF & BP checks & NHS app support Fowley Meir FC, Whitcombe Road, Meir ST3 6AU	1st Bank Holiday – NEW YEARS DAY  8th Yoga for Beginners 10.30-11.15 Weston Heights Community Centre, 6 West St. ST3 6PT 'Jolly Potters' Over 50's group 9-12 Forrester Brothers Community Room, 56 Trentham Road, ST3 4DJ Wellbeing group drop-in 9.30-2.30 Standing Circuits 11.30-12 Yoga for Beginners 12.30-1.15 Chair Based Exercise 1.30-2 Meir Community Centre, Pickford place, ST3 7DY Menopause Peer Support Group 5.45-7pm Room 18, Meir Primary Care Centre	2nd Community Lounge 10-12 (Former Library), Sandon Rd, Meir CRT Friday Drop in (1to1 support) 9-12 Broadway Methodist Church Pickford Place, Meir, ST3 7DX 9th Community Lounge 10-12 (Former Library), Sandon Rd, Meir ***** Carers Café 10-12 With NSC , Room 18, Meir Primary Care Centre ***** CRT Friday Drop in (1to1 support) 9-12 & Tea & Toast Broadway Methodist Church Pickford Place, Meir, ST3 7DX

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One Spot Chair Based Exercise - Low intensity bodyweight seated exercises (standing optional)
Lifestyle Circuits – Low intensity bodyweight & free weight seated exercises (standing optional)

Chair Yoga & Stretches – Low intensity stretches
Functional Circuits - Low to moderate intensity bodyweight & free weight standing exercises.

All events are FREE to attend.

12th Community Lounge 10-12 (Former Library), Sandon Rd, Meir Meir Mental Health Matters 9-12 Rowan Village, George St. Meir Chair Based Exercise 10.30 -11 Lifestyle Circuits 11.15-11.45 Broadway Methodist Church Pickford Place, Meir, ST3 7DX	13th Chair YOGA & Stretches 10-10.30 Chair based Exercise 10.45 -11.15 Strength & Balance 11.30-12 Fowley Meir FC, Whitcombe Road, Meir ST3 6AU Men Matter - drop in 1-2.30pm The YARD, forest Rd, Meir. ST3 7BY	14th Wellbeing Wednesdays 9.30-12.30 Rowan Village, George St. Meir Book & Brew 9.30-11.30 Broadway Methodist Church Meir ST3 7DX CRT walking Group 10-11.30 Meir Community Education Centre, ST3 7DY Eat Well, Be Healthy wk2 10-12 Fowley Meir FC, Whitcombe Road, Meir ST3 6AU Social Prescribing drop -in 1-2.30 Fowley Meir FC, Whitcombe Road, ST3 6AU	15th Yoga for Beginners 10.30-11.15 Weston Heights Community Centre, 6 West St. ST3 6PT 'Jolly Potters' Over 50's group 9-12 Forrester Brothers Community Room, 56 Trentham Road, ST3 4DJ Wellbeing group drop-in 9.30-2.30 Standing Circuits 11.30-12 Yoga for Beginners 12.30-1.15 Chair Based Exercise 1.30-2 Meir Community Centre, Pickford place, ST3 7DY Menopause Peer Support Group 5.45-7pm Room 18, Meir Primary Care Centre	16th Community Lounge 10-12 (Former Library), Sandon Rd, Meir Cancer Support Group 10-12 <i>with Pink Sisters & Mistrs</i> Room 18, Meir Primary Care Centre CRT Friday Drop in (1to1 support) 9-12 & Tea & Toast Broadway Methodist Church Pickford Place, Meir, ST3 7DX
19th Community Lounge 10-12 (Former Library), Sandon Rd, Meir Meir Mental Health Matters 9-12 Rowan Village, George St. Meir Chair Based Exercise 10.30-11am Lifestyle Circuit 11.15-11.45am Broadway Methodist Church Pickford Place, Meir, ST3 7DX	20th Chair YOGA & Stretches 10-10.30 Chair based Exercise 10.45 -11.15 Strength & Balance 11.30-12 Fowley Meir FC, Whitcombe Road, Meir ST3 6AU Men Matter - drop in 1-2.30pm The YARD, forest Rd, Meir. ST3 7BY	21st Wellbeing Wednesdays 9.30-12.30 Rowan Village, George St. Meir Book & Brew 9.30-11.30 Broadway Methodist Church Pickford Place, Meir ST3 7DX CRT walking Group 10-11.30 Meir Community Education Centre ST3 7DY Eat Well, Be Healthy wk3 10-12 Fowley Meir FC, Whitcombe Road, ST3 6AU Fibromyalgia Peer Support Group First & third Wednesdays of month 1.30-3.30pm Rowan Village, George St. Meir Social Prescribing drop - 1-2.30 Fowley Meir FC, Whitcombe Rd, ST3 6AU	22nd Yoga for Beginners 10.30-11.15 Weston Heights Community Centre, 6 West St. ST3 6PT 'Jolly Potters' Over 50's group 9-12 Forrester Brothers Community Room, 56 Trentham Road, ST3 4DJ Wellbeing group drop-in 9.30-2.30 Standing Circuits 11.30-12 Yoga for Beginners 12.30-1.15 Chair Based Exercise 1.30-2 Meir Community Centre, Pickford place, ST3 7DY Menopause Peer Support Group 5.45-7pm Room 18, Meir Primary Care Centre	23rd Community Lounge 10-12 (Former Library), Sandon Rd, Meir CRT Friday Drop in (1to1 support) 9-12 & Tea & Toast Broadway Methodist Church Pickford Place, Meir, ST3 7DX
26th Community Lounge 10-12 (Former Library), Sandon Rd, Meir Meir Mental Health Matters 9-12 Rowan Village, George St. Meir Chair Based Exercise 10.30-11am Lifestyle Circuits 11.15-11.45am Broadway Methodist Church Pickford Place, Meir, ST3 7DX	27th Chair YOGA & Stretches 10-10.30 Chair based Exercise 10.45 -11.15 Strength & Balance 11.30-12 Fowley Meir FC, Whitcombe Road, Meir ST3 6AU Men Matter - drop in 1-2.30pm The YARD, forest Rd, Meir. ST3 7BY	28th Wellbeing Wednesdays 9.30-12.30 Rowan Village, George St. Meir Book & Brew 9.30-11.30 Broadway Methodist Church Pickford Place, Meir ST3 7DX CRT walking Group 10-11.30 Meir Community Education Centre ST3 7DY Eat Well, Be Healthy wk4 10-12 Fowley Meir FC, Whitcombe Road, Meir ST3 6AU Social Prescribing drop - 1-2.30 Fowley Meir FC, Whitcombe Rd, ST3 6AU	29th Yoga for Beginners 10.30-11.15 Weston Heights Community Centre, 6 West St. ST3 6PT 'Jolly Potters' Over 50's group 9-12 Forrester Brothers Community Room, 56 Trentham Road, ST3 4DJ Wellbeing group drop-in 9.30-2.30 Standing Circuits 11.30-12 Yoga for Beginners 12.30-1.15 Chair Based Exercise 1.30-2 Meir Community Centre, Pickford place, ST3 7DY Menopause Peer Support Group 5.45-7pm Room 18, Meir Primary Care Centre	30th Community Lounge 10-12 (Former Library), Sandon Rd, Meir Dementia Support drop -in 10.30-12.30 <i>with Approach</i> Room 18, Meir Primary Care Centre CRT Friday Drop in (1to1 support) 9-12 & Tea & Toast Broadway Methodist Church Pickford Place, Meir, ST3 7DX

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****ALL GROUPS OFFER Atrial Fibrillation & Blood Pressure checks just speak to Staff****



DO YOU KNOW ABOUT SOCIAL PRESCRIBING?



WHAT IS SOCIAL PRESCRIBING?

Social prescribing connects you to local activities, groups, and services that may support your social, emotional, and practical wellbeing. It works alongside your GP care.



IT MAY HELP IF YOU ARE:

- Feeling lonely or isolated.
- Feeling stressed, worried, or low.
- Struggling with money or bills.
- Worried about housing or work.
- Living with long-term health challenges.



WHO WILL SUPPORT YOU?

You may be referred to a Social Prescribing Link Worker who will:

- Listen to what matters to you
- Explore support options
- Help you connect with local services



HOW SUPPORT MAY HELP



Social prescribing can help you to:

- Feel more connected
- Improve your wellbeing
- Find community support
- Access local services and advice
- Support does not replace medical care.



HOW TO ACCESS



You can:

Ask your GP

Speak to a nurse

Ask at reception



SOCIAL PRESCRIBING OFFERS SUPPORT AND SIGNPOSTING.

IT MAY NOT SOLVE EVERY ISSUE BUT CAN HELP YOU ACCESS THE RIGHT SERVICES.

Ask: "I would like to ask about social prescribing."



Thank you!
Any Questions ?