

## Things the service can not offer at present

- **We help you find services outside the health system**, so we don't organise medical appointments.
- **We don't have translators** – but we can research sources of support for your community or language.
- **We can't organise transport** – but we can tell you more about community transport support
- **We don't do home visits** at the moment.
- **We don't fill in benefit forms** (i.e., taxi card, dial-a-ride, PIP, etc.) but signpost to places who can guide you.
- **We are not a replacement for Social services** and are not designed for crisis situations.

## Other useful Merton websites

[mvsc.co.uk/find-a-group](http://mvsc.co.uk/find-a-group) - database of local community groups

[volunteermerton.org.uk](http://volunteermerton.org.uk) - information on volunteering

[directories.merton.gov.uk](http://directories.merton.gov.uk) - support, services, advice and things to do

[oneyoumerton.org](http://oneyoumerton.org) - healthier lifestyles support

**"I knew I should exercise more, but its hard to motivate yourself on your own and I hate the gym. The social prescribing coordinator gave me information on health walks, and a friendly beginners running club. I am finding it easier to get motivated.**

# MERTON SOCIAL PRESCRIBING SERVICE

**Want to know more about local services or activities that could help make life enjoyable?**



## What does the service offer

There are lots of resources and services across Merton that can support people with meeting others, learning new skills, try different activities, make positive lifestyle changes, get out and about and help manage their health better.

The Social Prescribing Service helps people (aged 18 and over) find these opportunities as where to look can sometimes get in peoples way.

**Helping you identify what you think your main needs and goals are and coming up with a plan to meet these**

**Giving you information/sign post to resources ,service and groups that are available, including online digital resources**

**Helping you access a service or group by making a referral for you, linking you up with someone who can help, making phone calls, sending emails or helping you to self-refer**

**Helping you understand your rights, make informed choices about services or issues that matter to you**

**Providing follow up support where needed to ensure you are keeping on track with where you want to be**

## Where you can access the Social Prescribing Service

The following GP Practices host the social prescribing service at least once a week:-

- ⇒ Cricket Green Medical Practice
- ⇒ Central Medical Centre
- ⇒ Figges Marsh Surgery
- ⇒ Lambton Road Medical Practice
- ⇒ Lavender Fields Surgery
- ⇒ Merton Medical Practice
- ⇒ Mitcham Family Practice
- ⇒ Mitcham Medical Centre
- ⇒ Nelson Medical Practice
- ⇒ Ravensbury Park Medical Centre
- ⇒ Tamworth House Medical Centre
- ⇒ The Rowans Surgery
- ⇒ Wide Way Medical Centre

**If you would like to find out more or see a Social Prescribing Coordinator then visit one of the GP practices above that you are registered with and ask your GP to refer you.**