

SOCIAL PRESCRIBING

AT THE UNIVERSITY HEALTH SERVICE

WHAT

Social prescribing (SP) is a service which helps to improve your wellbeing through “non-medical” intervention. It is aimed at supporting you to make meaningful connections within your community and making the most out of your university experience.



MATTERS

A SP can support you with:

- Accessing a hobby or encouraging your interests.
- If you are experiencing loneliness or struggling to socialise
- low mood or self-esteem issues
- other relevant concerns that are affecting your wellbeing e.g. financial worries or lack of food.



TO YOU?

A SP will explore “what matters to you?” which gives an overview of your current wellbeing and helps to prioritise your concerns. This conversation may lead to creating a Personalised Care and Support Plan (PCSP) as a way of monitoring your goals, barriers and achievements.



If you would like to find out more about the social prescribing service at UHS, please email syicb-sheffield.uhs-care-coordinators@nhs.net and mark FAO Martha



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