

## Who are Practice Care Navigators?

A Practice Care Navigator is a new kind of health professional who works with your GP Practice to help you improve your health and wellbeing.

By working closely with your GP and other healthcare professionals they can provide you with a helping hand to achieve your health goals and access a wide range of services provided by the NHS, local councils and the voluntary sector.

## How do I use the service?

If you think the service may help you or someone you care for, or to find out more, please contact your Practice Care Navigator by telephone or e-mail or ask your GP Practice Receptionist.

We also accept referrals from your GP, other members of your Practice team, community and district nursing teams and hospital discharge teams.

Appointments are available at your GP Surgery. We can also visit housebound people in their own home.



## What happens next?

After you have been referred your Practice Care Navigator will contact you to arrange an appointment. This will usually be at a local GP Surgery or we can arrange a home visit if needed.

We will help you identify areas in your life where local activities and support could help you to feel better, more confident or more able to manage your current situation and health.

Together we will:

1. Discuss the problems you are facing
2. Explore what is important for you
3. Agree your goals
4. Find local activities and services
5. Help you to access them

## Your Practice Care Navigator is:



[oxfed.uk/social-prescribing](https://oxfed.uk/social-prescribing)

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# NHS General Practice Social Prescribing Service

## Get a helping hand!

When daily life gets in the way of improving your health, we can help you tackle your problems and feel better.



## Improving your health can take time and support

Our team of **Practice Care Navigators** is here to help you look after your health and feel better.

Lots of things in everyday life can affect your health and get in the way of making the changes you want to make.

Instead of giving you a prescription for a medicine, your Practice Care Navigator will work with you to create your own **social prescription**. This will help you to access activities and support that will improve your health and enjoyment of life.

Whatever worries or questions you may have, we are here to listen and will help you get the advice and support you need.

## How can we do this?

OxFed and your local GPs have teamed up with over 150 community services so that you can access the best advice and support available.



## How can a Practice Care Navigator help me?

We can link you up with services in the community that can provide you with:

- Support to make positive changes in your life
- People to talk to about how you are feeling
- Help with housing, benefits and financial problems
- Advice on jobs, training, and education
- Exercise, sports and games
- Arts, music, outdoors and creative activities and classes

Your social prescription could include help with taking up a new hobby, doing more exercise, making new friends or taking part in local events and social activities.

**Our team of Practice Care Navigators are here to help you do it!**



## What sort of activities could I do?

We will help you find the activities that suit you best. Examples of popular activities include:

- Walking and strolling groups
- Seated exercise classes
- Arts and crafts
- Sports and hobbies
- Community groups and clubs
- Computer and internet classes
- Volunteering

## How will my health improve?

Some of the health benefits can include:

- Lower stress and anxiety
- Reduced isolation or loneliness
- More motivation and energy
- Improved mood
- More confidence
- Reduced pain
- Fewer symptoms
- A more active mind