Information NOW
Information for people in Newcastle upon Tyne

Social Prescribing

Social prescribing is where you are prescribed, by a health or care professional, activity, exercise or services within your community to improve your physical health and mental wellbeing. It can be used alongside medication and other forms of treatment, or without. It's also known as a community referral.

The goal of social prescribing is to help people take greater control of their own health and wellbeing.

Who social prescribing for

Social prescribing is for everyone, but it works particularly well for people who:

- Have or more long term conditions
- Need support with low level mental health issues
- Experience loneliness or isolation
- Have complex social needs that affect their wellbeing
- Have mental health conditions
- Frequently attend primary or secondary healthcare

Social prescribing can also help those who are in other at risk groups, such as older people with dementia, people experiencing homelessness, refugees and asylum seekers, and young people.

How it works

1. A health or care professional will refer you to a social prescribing service. You are given an appointment with a Link Worker. They may also be known as a social prescriber, connector, navigator or enabler, or a health advisor
2. They will spend time with you to understand your needs and interests. Together you create your personal plan to decide what activities will help you
3. Link workers can support you to attend activities in the community, until you feel confident to attend independently
4. You are connected to activities in your community that you're interested in. This could include activities like cooking classes, gardening, art, music, exercise, lunch clubs, or volunteering
5. Further appointments and continued support are available if you need it.

Who can refer you

Access to social prescribing services can come from a few different routes, including:

- Your GP surgery
- If you are receiving other care in hospital
- Social care services
- Local charities and community services
- The police
- Fire services
- Job centres

If you are unsure where to start, contact your local GP surgery. Depending on your needs, you may not need to make an appointment with your GP.

Support is available for refugee and asylum seeker patients who have not been granted their right to remain status yet. These link workers are in temporary hotel accommodation sites to provide social and practical support to this patient group.

What kinds of social prescribing are available?

There are four main kinds of social prescribing support:

- Arts, culture and heritage, such as music, art groups, and museum projects
- Physical activity
- Education and welfare support, such as employment support, financial advice and fuel poverty support
- Natural environment support, such as gardening and nature walks

Being active, trying new things and meeting new people can have a really positive effect on your physical and mental health.

Taking part in a social group can help you to feel supported and connected to others. Giving you the chance to make friends with similar interests.

Learning a new skill **or** **trying a new hobby** can help to increase your confidence.

Volunteering your time and skills can help you to feel valued.

Joining a walking group or community gym can help you to be more active and help to improve your health.

Your local social prescribing service

Speak to your GP surgery to find out how it works in your area. There are a range of social prescribing services in Newcastle. You may be referred to one of these by your GP or health professional:

- **Ways to Wellness**

- **Newcastle GP Services**
- **Health Improvement Team at Healthworks**
- **EveryTurn Mental Health**
- **Chain Reaction**
- **Search Newcastle** in Outer West Newcastle for people over the age of 50

Activities and events in your neighbourhood

You can find local activities and support in your community on InformationNOW. Read more about what's going on in your neighbourhood and across Newcastle:

- **Hobbies**
- **Fitness activities**
- **Leisure centres**
- **Swimming pools**
- **Food and friends**
- **Support groups**
- **Museums and attractions**
- Lifelong learning
- **Parks and gardens**
- **Libraries**
- Adult learning, skills and training

Find what's going on near you in our

- **Events and activities calendar**
- Local organisations directory

Primary Care Networks (PCNs)

Social Prescribing is an important part of the **NHS 10 Year Long Term Plan.** NHS England has rolled out funding and social prescribing link workers have been appointed to the following geographical locations, known as Primary Care Networks (PCNs).

PCNs are groups of GP Practices that work together with a range of local services. This includes services in primary care, social care and the voluntary and community sector. Each GP Practice in Newcastle is a member of one of these Primary Care Networks. Each PCN has a Board and GP representative. The population for each PCN is between 30 and 50,000 people who are registered with a GP Practice in that area. Each PCN has a plan to help support the people in their area.

Each PCN will focus on developing services in their communities that meet the needs of their residents. Services include: action on diabetes, counselling, eating well, weight management, early physiotherapy conversations, support for people with a learning disability, mental health occupational therapy and wellbeing support. Read more about **PCNs on the NHS England**

website.

You can see the list of GP surgeries in each of the PCN areas in Newcastle below:

Outer West PCN

- **Throckley Primary Care Centre**
- **Parkway Medical Group**
- **Denton Park Medical Group**
- **Newburn Surgery**
- **Denton Turret Medical Centre**
- **Westerhope Medical Group**

West End Family Health PCN

- **West Road Medical Centre**
- **Cruddas Park Surgery**
- **Holmside Medical Group**

Inner West PCN

- **Fenham Hall Medical Group**
- **Betts Avenue Medical Centre**
- **Elswick Family Practice (was Grainger and Scotswood Medical Group)**
- **Prospect Medical Group**
- **Dilston Medical Centre**

North Gosforth PCN

- **Park Medical Group**
- **Brunton Park Health Centre**
- **Broadway Medical Centre**
- **Regent Medical Centre**
- **Gosforth Memorial Medical Centre**

Jesmond Lower/Gosforth PCN

- **Jesmond Health Partnership** (formerly Osborne Road and Holly Medical Group)
- **Roseworth Surgery**
- **The Grove Medical Group**
- **Avenue Medical Practice**

East PCN

- St Anthony’s Health Centre
- Heaton Road Surgery
- Thornfield Medical Group
- Benfield Park Medical Group
- Biddlestone Health Group
- Walker Medical Group
- Newcastle Medical Centre

Central PCN

- Saville Medical Group

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Useful Organisations

EveryTurn Mental Health

Email: enquiries@everyturn.org

Website: https://www.everyturn.org/

Telephone: 0191 217 0377

Address: Everyturn Mental Health, NE13 9BA

Ways to Wellness

Email: info@waystowellness.org.uk

Website: http://waystowellness.org.uk

Telephone: 0191 816 3540

Address: Ways to Wellness, NE1 3RH

NHS

Website: www.nhs.uk

Search Newcastle

Email: info@searchnewcastle.org.uk

Website: www.searchnewcastle.org.uk

Telephone: 0191 273 7443

Address: Carnegie Building, NE4 8XS

Newcastle GP Services

Email: ngps.admin@nhs.net

Website: https://newcastle-gp-services.co.uk/

Telephone: 0191 233 6339

Address: The Grainger Suite, NE3 3PF

Chain Reaction

Email: info@chainreaction-newcastle.co.uk

Website: http://www.chainreaction-newcastle.co.uk/

Telephone: 0191 273 7443

Address: Chain Reaction, NE13 9BA

Unforgettable Experiences

Email: info@unforgettableexperiences.org.uk

Website: https://www.unforgettableexperiences.org.uk/

Telephone: 01325 238 007

North East North Cumbria Integrated Care Board (ICB)

Email: necsu.nenc-icb.contactus@nhs.net

Website: www.northeastnorthcumbria.nhs.uk

Address: Integrated Care Board, NE15 8NY

Throckley Primary Care Centre

Email: throckleyreception.a8602@nhs.net

Website: https://throckley.gpsurgery.net/

Telephone: 0191 264 1014

Address: Tillmouth Park Road , NE15 9PA

Parkway Medical Group

Website: https://www.parkwaymedicalgroup.nhs.uk/

Telephone: 0191 267 1773

Address: Chapel House Primary Care Centre, NE5 1LJ

Denton Park Medical Group

Website: https://www.dentonparkmedicalgroup.co.uk/

Telephone: 0191 229 5800

Address: West Denton Way, NE5 2QW

Newburn Surgery

Email: newburnsurgery.A86038@nhs.net

Website: https://www.newburnsurgery.com/

Telephone: 0191 229 0090

Address: 4 Newburn Road, NE15 8LX

Roseworth Surgery

Email: roseworthsurgery@nhs.net

Website: https://roseworthsurgery.co.uk/

Telephone: 0191 213 2392

Address: 27-29 Roseworth Avenue, NE3 1NB

The Grove Medical Group

Website: https://thegrovemedicalgroup.nhs.uk/

Telephone: 0191 213 2778

Address: 1 The Grove, NE3 1NU

Avenue Medical Practice

Email: reception.a86007@nhs.net

Website: https://avenuemedicalpractice.co.uk/

Telephone: 0191 281 0041

Address: 5 Osborne Avenue, NE2 1PQ

Betts Avenue Medical Centre – Kenton Centre

Email: bettsavenue@nhs.net

Website: http://www.bettsavenue.nhs.uk

Telephone: 0191 246 1546

Address: Kenton Centre, NE3 3QP

Saville Medical Group

Website: https://www.savillemed.co.uk/

Telephone: 0191 232 4274

Address: 7 Saville Place, NE1 8DQ

Park Medical Group

Website: https://parkmedicalgroup.co.uk/

Telephone: 0191 285 1763

Address: Fawdon Park Road , NE3 2PE

Brunton Park Health Centre

Email: bruntonpark.a86033@nhs.net

Website: https://bruntonparkhc.nhs.uk/

Telephone: 0191 236 3338

Address: Princes Road, NE3 5NF

Broadway Medical Centre

Website: https://broadwaygosforth.nhs.uk/#

Telephone: 0191 213 5005

Address: 164 Great North Road , NE3 5JP

Regent Medical Centre

Email: ngccg.regentmedicalcentre@nhs.net

Website: https://regentmedicalcentre.co.uk/

Telephone: 0191 223 6555

Address: Ridley House Henry Street, NE3 1DQ

Gosforth Memorial Medical Centre

Email: nneccg.gmmc@nhs.net

Website: https://www.gosforthmemorial.nhs.uk/

Telephone: 0191 285 1119

Address: Church Road, NE3 1TX

Westerhope Medical Group

Website: https://www.westerhopemedicalgroup.nhs.uk/

Telephone: 0191 243 7000

Address: 377 Stamfordham Road, NE5 2LH

West Road Medical Centre

Email: west.road@nhs.net

Website: https://www.westroadmedicalcentre.co.uk/

Telephone: 0191 282 2890

Address: 170 West Road , NE4 9QB

Cruddas Park Surgery

Email: ngccg.cruddaspark-surgery@nhs.net

Website: www.cruddasparksurgery.co.uk

Telephone: 0191 226 1414

Address: 178 Westmorland Road, NE4 7SJ

Holmside Medical Group

Website: https://www.holmsidemedicalgroup.nhs.uk/

Telephone: 0191 273 4009

Address: 142 Armstrong Road , NE4 8QB

Fenham Hall Medical Group

Website: https://www.fenhamhallmedicalgroup.nhs.uk/

Telephone: 0191 274 3724

Address: Fenham Hall Drive, NE4 9XD

Elswick Family Practice

Website: https://elswickfamilypractice.nhs.uk/

Telephone: 0191 298 6060

Address: Meldon Street , NE4 6SH

Prospect Medical Group

Email: prospectadmin@nhs.net

Website: https://www.prospectmedicalgroup.nhs.uk/

Telephone: 0191 226 0226

Address: 501 Westgate Road, NE4 8AY

Dilston Medical Centre

Website: https://dilstonmedical.nhs.uk/

Telephone: 0191 219 6975

Address: 23 Dilston Road , NE4 5AB

Jesmond Health Partnership

Email: nencicb-ng.jesmondhealthpartnership@nhs.net

Website: https://jesmondhealthpartnership.co.uk/

Telephone: 0191 281 4588

Address: 17 Osborne Road, NE2 2AH

Thornfield Medical Group

Website: https://thornfieldmedicalgroup.org.uk/

Telephone: 0191 275 5740

Address: Molineux Street, NE6 1SG

Biddlestone Health Group

Email: biddlestone.a86010@nhs.net

Website: https://www.biddlestonehealthgroup.co.uk/

Telephone: 0191 265 5755

Address: Biddlestone Road, NE6 5SL

St Anthony’s Health Centre

Website: https://www.stanthonyshealthcentre.nhs.uk/your-surgery/

Telephone: 0191 219 6100

Address: St Anthony's Road, NE6 2NN

Heaton Road Surgery

Website: https://heatonroadsurgery.nhs.uk/

Telephone: 0191 265 5911

Address: 17-19 Heaton Road , NE6 1SA

Benfield Park Medical Group

Email: benfieldpark.medicalgroup@nhs.net

Website: http://benfieldparkmedicalgroup.co.uk/

Telephone: 0191 282 1010

Address: Benfield Road, NE6 4QD

Walker Medical Group

Website: https://walkermedical.nhs.uk/

Telephone: 0191 262 0444

Address: Church Walk, NE6 3BS

Newcastle Medical Centre

Website: https://newcastlemedical.co.uk/

Telephone: 0191 232 2973

Address: Within Boots the Chemist, NE1 7XR

Related Articles

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