

# Young Person's Social Prescribing Service

- Service Category:

## Social Prescribing

- Available Locations:
  - Friendly Family Surgery
  - Castle Street Medical Centre
  - Craggs Health Care - Creswell Surgery
  - Craggs Health Care - Whitwell Surgery
  - Creswell Medical Centre
  - Eckington Health Centre
  - Emmett Carr GP Partnership - Emmett Carr Surgery
  - Langwith Medical Centre
  - Shires Healthcare
  - Shires Healthcare - Church Warsop Branch
  - Welbeck Road Surgery
  - Welbeck Road Surgery Branch Site - The Surgery Glapwell



This service is provided by a team of social prescribing link workers working for Chesterfield Football Club Community Trust.

They provide person-centred support to young people living in the Chesterfield, Bolsover and North Hardwick areas, who display behaviour that indicates they may:

- be socially isolated and lack social connections in the wider community
- have mild/moderate emerging mental health needs, such as anxiety or low mood
- have a high BMI and could benefit from support with managing their weight
- be at risk of permanent exclusion or NEET (not in employment, education, or training)

# What they do

They offer a light touch, short term support with the intention of connecting young people with their communities. Their aim as link workers is to help young people to feel better about themselves and their lives. They work closely with young people to discover their concerns and worries, but also the things they enjoy, the things they value and the things that matter to them. With a non-judgemental, solution focused approach, they support young people to grow in confidence and independence.

Through changing their mindset and behaviour, we can help them overcome personal barriers, to become more motivated and grow in confidence, supporting them to:

- take part in activities
- find out about volunteering opportunities
- join a community group or class
- investigate paths in education or training
- learn about finance and budgeting
- feel confident using public transport

The service is available to 14-18 year-olds (or up to aged 25 with an EHCP) in our PCN.

# The Young Persons Social Prescriber will be:

- A 'people person' able to communicate effectively and build rapport with children and young people
- Able to listen, empathise and give person-centred support in a non-judgemental way
- Able to provide support in a way that engenders trust, confidence and enthusiasm

# How do I access the service?

To access the Young Persons Social Prescribing service, or make a referral, please [click here](#).

For more information about social prescribing please contact them on [socialprescribing@spireitetrust.org.uk](mailto:socialprescribing@spireitetrust.org.uk) or click [here](#) to download their service leaflet. You can also visit the Spireitetrust website by [clicking here](#).