

Case Study

A local High School referred a 15-year-old boy to the Families Social Prescribing Service for support with his mental health. The Social Prescriber initially spoke with parents and then arranged to meet them and their Son in the community for a walk and talk. The young person was being bullied at school and struggling with friendships. He went along to the Youth Zone to meet some new friends and worked on building his confidence with the Families Social Prescriber. Along the way, the parents were also introduced to the local Food Club which has also helped with the family's overall finances.

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We can support any resident of Chorley and any patient of the Chorley Central Primary Care Network and Chorley Together Primary Care Network. Please ask your GP for support with a referral to Social Prescribing or contact Chorley Council on **01257 515151**.

Useful contacts

Chorley Children and Family Wellbeing Service **01257 516316**

Home-Start Chorley **01257 241636**

Lancashire Adult & Children Social Care **0300 123 6720**

For more information on other services and contacts that may be beneficial, please visit the Health and Wellbeing page on the Chorley Council Website.



Families Social Prescribing Service

The service offers free confidential personalised support specifically tailored around what matters to you and your family.

We can help you build the confidence and motivation to overcome barriers that you may be facing by using health coaching techniques and working closely with various services and partners.

The Families Social Prescriber works with families and young people of Chorley to enable better health and wellbeing.


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What can we help with?

Do you want more information about what is on in your community and how to access support?

Do you want to make new friends and try something new?

Would you like some guidance around your health and wellbeing?

Have you been struggling with your finances which are impacting you and your family?

What to expect from the Social Prescribing Service

What the support would look like?

Once allocated to the Families Social Prescriber, a welcome call will be made, and an initial assessment booked to find out what goals you have in mind. You will work together for around 3 months linking in with relevant services and groups related to your goals.

Case Study

A resident of Chorley and her young daughter were referred by her GP after moving areas and feeling socially isolated. The Families Social Prescriber initially called to get to know the lady and then arranged to meet at the local Community Centre. From this, the lady and her daughter have been attending summer holiday sessions and walk and talks for when her daughter starts Primary School. She now feels less anxious in big crowds and feels part of her new community.