

# Contact us

For information visit:

[www.thurrockcvs.org](http://www.thurrockcvs.org)

For general enquiries please  
contact the Social Prescribing  
team.

01375 389876

Email : [lorraine.fugl@thurrockcvs.org](mailto:lorraine.fugl@thurrockcvs.org)

Please note we are unable to  
take self referrals.

*"I suffer with anxiety and depression  
and it was good to be able to talk to a  
Social Prescriber who referred me to a  
free local, project. Since completing  
the programme I feel more confident  
and am looking forward to the future."*

*Patient Quote*



Social Prescribing is a project of Thurrock CVS which is a  
registered charity.

Thurrock CVS is a registered Charity No: 1090253

Company Registered in England No: 4300967

Data protection no. Z4747056



Thurrock Social Prescribers  
operate in a number of  
GPs across Thurrock  
aiming to support as many  
residents as possible.

Thurrock Social  
Prescribers can connect  
residents to a number of  
community  
resources to provide  
further support.



## Information Brochure



Thurrock Social  
Prescribers have  
provided information  
and support for  
residents in Thurrock.

# About Us

Thurrock's Social Prescribing programme supports people with their health and wellbeing needs, including chronic conditions.

Social prescribing is open to patients aged 18+ who present to their GP with issues that have a non-clinical underlying cause. Patients may have a social need, on-going health conditions, regularly attend their GP surgery or are at risk of unplanned admission.

Social Prescribing Navigators meet patients referred by their GP at their practice before referring and signposting to appropriate services.

Patients are treated holistically with the point of referral determined by individual need; this could include information to support health, finance or social isolation.

Navigators allocate up to one hour with each patient and arrange a follow-up contact to track progress. Navigators will update GPs on the patient's progress and referral pathways before discharge.

*"The service that Thurrock's Social Prescribers are providing is both valuable and tangible. At a time when our health services are increasingly stretched this innovative scheme is delivering real and sustainable help and I look forward to seeing the offer expanded so all our surgeries are able to take advantage of this excellent service"*

*Dr Bhatt, GP at Sai Medical Practice*

## Patients can be referred to Social Prescribing for any of the following issues:

- Benefits
- Bereavement
- Carer
- Counselling
- Dementia
- Domestic & Sexual Violence
- Finance
- Housing
- On-Going Health Conditions
- Social Isolation
- Weight Management
- Emotional Wellbeing
- Smoking Cessation

### And More

*"A Social Prescriber referred me to a free weight management programme and I have begun to lose weight and feel healthier."*

*Patient Quote*

# How it works

