



Living Well North Tyneside

Supporting Health and Wellbeing

Within Whitley Bay PCN we are lucky to have a social prescriber to meet the needs of our patients.

Social prescribing is a key component of universal personalised care. It is an approach that connects people to activities, groups and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

In social prescribing, local agencies such as local charities, social care and health services refer people to a social prescribing link worker. Social prescribing link workers give people time, focusing on 'what matters to me?' to coproduce a simple personalised care and support plan and support people to take control of the health and wellbeing.

Social prescribing link workers also support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.

Social Prescribing is an all-age, whole population approach that works particularly well for people who:

- Have one or more long term conditions
- Who need support with low level mental health issues
- Who are lonely or isolated
- Who have complex social needs which affect their wellbeing.



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