



CHILDREN AND YOUNG PEOPLES SOCIAL PRESCRIBING

A Guide for Parents and Carers

An NHS service from Jurassic Coast Primary Care Network developed to help your child identify what matters to them and to support them in making connections to improve their health and wellbeing.

JURASSIC COAST PCN



WHO WE ARE

We are a social prescribing service for children and young people living in West Dorset.

Social Prescribing gives young people the opportunity to make connections in their area for support, new activities or ways to help boost their wellbeing in a non-medical way.

These connections are made with the help of a Link Worker who gets to know the individual, and what's most important to them.

It's all about empowering someone to make positive choices and changes to improve their overall wellbeing.

We work on a '**What Matters to You**' basis, taking the time to get to know what's happening in a young person's life. From those initial conversations we can work together to identify ways to make them feel better, whether that's improving confidence, self-esteem, mental or physical health

It's never too early to seek support - we're here to help young people manage negative issues before they become big problems!



WHAT WE DO

Below are some examples of issues we can help with. There may be something that's not listed - don't be put off, we're always happy to chat about this to see if we can help.

01. Anxiety and worry

02. Self esteem and body image

03. Friendship and relationship worries

04. Hobbies and interests

05. Healthy lifestyle choices including sleep

06. Self-confidence

07. Feelings of loneliness

08. Future planning

09. Signposting to support for families of younger children

WHAT HAPPENS:

- When a young person is first referred, they will be assigned a Link Worker who will arrange a 1:1 appointment with them to explain the service and how it works.
- At their first appointment they'll be able to talk about their life, how things are going and share what's important to them.
- The Link Worker will work with them directly to understand emotions and helpful and unhelpful thinking styles
- Connect them to sources of support in the community and refer them to other organisations when they agree that this would be helpful.
- They will work with the Link Worker for approximately 6-8 sessions over an agreed time scale.



MORE INFO

Consent:

In most cases, young people under 16 will require consent from their parents or carers to use this service. If anyone below this age wishes to see us without adult consent, we would first assess for Gillick competence.

Areas we cover:

Jurassic Coast PCN works on behalf of three West Dorset medical practices. Therefore, our team works with patients registered with Ammonite Health Partnership, Lyme Bay Medical Practice and Barton House Practice covering the Bridport, Lyme Regis, Beaminster and Maiden Newton areas.



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