

Self Referral

Please fill in this form and hand it in at your Ashton GP.

Name:

Date of Birth:

GP Practice:

Your contact details:

Please tick, reason(s) for referral:

- ☐ Isolated/Befriending/Bereavement
- ☐ Frequent attender to GP/A+E
- ☐ Managing long term medical conditions
- ☐ Weight management/Quit smoking
- ☐ Lack of physical activity
- ☐ Mild-moderate mental health problems
- ☐ Substance misuse
- ☐ Volunteering
- ☐ Housing issues
- ☐ Money/Debt/Benefits
- ☐ Employment/Training/Learning
- ☐ Digital inclusion
- ☐ Veteran
- ☐ Carer
- ☐ Cancer Patient

Today's date:

Dear Receptionist please scan and email to:
gmicb-tameside.ashtonpcn.socialprescribing@nhs.net

How to contact us

- Speak to your GP
- Complete self-referral page and hand into your GP

- Scan our QR code



- Email us on:
**gmicb-tameside.ashtonpcn.
socialprescribing@nhs.net**

- Address: **Stamford House
Surgery, 2 Princess Street,
Ashton under Lyne
OL6 9QH**

"I didn't realise how much is out there to help me find me again".

Ashton Social Prescribing



Helping you to make connections to groups, activities and services that matter to you.

What is Social Prescribing?

Social Prescribing helps people to make new connections in their community.

Our team will signpost people to local groups, activities and services that are of interest to them.

We encourage people to make those contacts to help them improve their health and wellbeing.

We are not support workers, our work is non-medical and non-urgent. We work with people that are motivated and ready to engage with us to get to where they want to be.

Helping you make connections

We will listen to you to find out what matters to you. We can link you to groups, activities and services to improve your health and wellbeing.



Become Active



Socialise



Find Interests



Get Help



Get Involved

Who is it for?

We work with individuals aged 18+ on a one to one basis who are ready to make changes to their lives.

This is a free service open to people who are registered with an Ashton GP.

**Albion Medical Practice
Ashton GP Service
Ashton Medical Group
Gordon Street Medical Centre
Highlands and Trafalgar Surgery
Stamford House Surgery
Waterloo Medical Centre
West End Medical Centre**

We can work with people over the telephone, in community spaces or by visiting them in their homes.