

Who is Social Prescribing for?

Adults living, working or studying in Brimbank or Wyndham are eligible for this service. Clients may also:

- have social, physical or mental health needs that are impacting on daily life
- be willing to connect with and maintain social connections
- want to improve their overall wellbeing

Social Prescribing may not be suitable for those who:

- have complex or unmanaged mental health conditions, or be experiencing an acute mental health episode
- require complex care coordination
- have unmet crisis needs

How do I get an appointment?

IPC Health healthcare workers can refer clients through our internal system.

Clients can self-refer to the program by calling 9219 7103 for Brimbank or 9216 7777 for Wyndham or by emailing us at socialprescribing@ipchealth.com.au.

Scan the QR code with your phone to register your details. A Wellbeing Coordinator will call you to complete your referral.



SCAN ME

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Phone: 9219 7142

ACN 136 685 151 ABN 68 846 923 225

Deer Park

106 Station Road

Deer Park VIC 3023

Phone: 9219 7142

St Albans

1 Andrea Street

St Albans VIC 3021

Phone: 9296 1200

Sunshine

122 Harvester Road

Sunshine VIC 3020

Phone: 9313 5000

Altona Meadows

330 Queen Street

Altona Meadows VIC 3028

Phone: 8368 3000

Hoppers Crossing

117-129 Warringa Crescent

Hoppers Crossing VIC 3029

Phone: 8734 1400

Wyndham Vale

510 Ballan Road

Wyndham Vale VIC 3024

Phone: 9216 7777

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Social Prescribing



ipcHealth

What is Social Prescribing?

Social Prescribing is a person-centred program that looks to improve overall wellbeing in non-medical ways in conjunction with a client's GP or healthcare worker.

A social prescription can connect you with local community or exercise groups and link you in to services like parenting support or legal and financial advice.

Social Prescribing helps people stay connected to their community and get more out of life.

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

How does it work?

GPs and healthcare worker can refer clients to the Social Prescribing program. Clients can also get in touch with us directly. See overleaf for our contact details.

A Wellbeing Coordinator will make an appointment with the client to talk to about their current wellbeing and the goals they want to work towards.

They then connect the client with free or low cost community groups and services to help achieve those goals.

The Wellbeing Coordinator stays in touch with both the client and their referring healthcare worker to make sure the social prescription suits the client's needs and adjusts it where needed.

How can it help?

Social Prescribing can help people who are:

- feeling lonely or overwhelmed with life's demands
- finding it hard to exercise
- wanting to connect to people with similar interests

Social Prescribing is a holistic non-medical program to help people get back in their communities and make the most out of life!

YOUR REFERRAL

Your GP or healthcare worker refers you in to the program. You can also refer yourself.

A Wellbeing Coordinator will make a time to chat with you about your current wellbeing and goals.



SOCIAL PRESCRIPTION

Your Wellbeing Coordinator creates a social prescription of activities, groups and/or support services for you to get involved with.

ACTIVITIES & SERVICES

Your Wellbeing Coordinator can connect you with community activity sessions and support groups or link you up with legal or financial advice and parenting help. Whatever might help you get back into the community!



SUPPORT

Your Wellbeing Coordinator will stay in touch to make sure the activities and services prescribed are a good fit. They can be adjusted where needed.

A free service, Social Prescribing is provided by IPC Health to promote ongoing good health and wellbeing.

