

# Words and Terms Used in Social Prescribing

## An easy read guide to hard words and terms



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This is an easy read version of ‘**A glossary of terms for social prescribing in Wales**’. It was made by the University of South Wales, Wales School for Social Prescribing Research and Public Health Wales.

# How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. This guide explains what all the hard words and terms mean.



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# About social prescribing



**Social prescribing** helps connect people to groups and services in the community. It is a way to help them manage their health and **wellbeing**.



**Wellbeing** is to do with your physical and mental health and your quality of life. It is about being happy, healthy and comfortable with your life and what you do.



It can help with lots of different things in a person's life. For example:

- Reducing loneliness.
- Improving physical health.
- Dealing with debt.
- Lots of other things. It depends on each person and what they need.



Someone can be referred to a **social prescribing practitioner**. Or they can contact the **social prescribing practitioner** themselves, this is called **self-referral**.

**Referred** or **Referral** means sending a person's details to a service. For example, a GP or someone working in the community might refer a person to a **social prescribing practitioner**.



A **social prescribing practitioner** is a person who helps people with **social prescribing** as part of their job.



The **social prescribing practitioner** will talk to you about the things you need support with. They do not deal with medical issues.



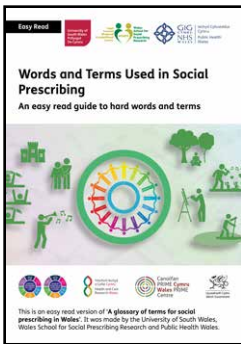
The **social prescribing practitioner** is there to work **with** you, not tell you what you must do.



**Social prescribing** can be confusing. This is because there are lots of difficult words or terms used.



Different words can be used by different people to describe the same thing.



So, we have made this guide of what the words and terms mean. This is called a **glossary**.

It is a bit like a dictionary for **social prescribing**.

# Glossary - words and terms used in social prescribing

## Action planning



This is planning between you and your [social prescribing practitioner](#).



They will make an **action plan** about the services and activities that can help improve your health and [wellbeing](#).

**This is also sometimes called:**

- [wellbeing plan](#)

## Blue referral



This means [referring](#) you to take part in an activity in or around water. For example, swimming, rowing, surfing.

A **blue gym** is a place like a lake or beach where you can do blue referral activities.

**This is also sometimes called:**

- [blue prescribing](#)

## Buddy system



This is when you are supported to try out a service or activity.



For example, maybe the [social prescribing practitioner](#) will support you. Or someone from the community who has tried the service or activity will go with you.

## Community assets



This means anything that can be used to improve the quality of community life. It could be a group or service. Or it could be a building, land, or person.

For example, a swimming group and a swimming pool are community assets.

## Community support hubs



These are places people can go to in the community to get support for different things. For example, housing support, advice about money or help finding a job.

**These are also sometimes called:**

- **lifestyle hubs**
- **wellbeing hubs**



## Co-production



This means people working together equally to make or develop something.



For example, working with your [social prescribing practitioner](#) to make an [action plan](#).

## Creative referral



This is when you are [referred](#) to take part in a creative activity. For example, singing, music, art, dance and photography.

**This is also sometimes called:**



- [art on referral](#)
- [museum on referral](#)
- [dance on referral](#)
- [art on prescription](#)
- [museum on prescription](#)
- [dance on prescription](#)



## Education on referral

This is when you are [referred](#) to take part in learning. This can include things like reading, writing and maths.

**This is also sometimes called:**

- [education on prescription](#)



## Exercise referral

This is when you are [referred](#) to take part in an exercise activity.

The **National Exercise Referral Scheme** is a national service run by Public Health Wales.

**This is also sometimes called:**

- [exercise on prescription](#)



## Green referral

This is when you are [referred](#) to do an activity in nature. This could be things like gardening, hiking or woodland crafts.

A **green gym** is a place like a forest or garden where you can do green referral activities.

**This is also sometimes called:**

- [green prescribing](#)

## Holistic



**Holistic** means the whole person. It is about looking at all your needs together.



For example, if someone has depression, medicine alone might not be enough or right for them to treat it.



They might need help to improve other areas of their life and that will help improve their depression.



Social prescribing is all about working **holistically**. It is about working with people over the time that they need.

## Nature-based interventions



These are activities that involve spending time in nature to improve physical and mental health.

They include things like:



- **Ecotherapy** – outdoor activities in nature to help improve your mental health.

- [Green referrals](#) – to do activities in nature and outside spaces like parks and woodlands.



- [Blue referrals](#) – to do activities in and around water like a lake or the sea.



## Person-centred approach

This means listening to you and talking about your goals. Working together to find out what **you** need. It puts you in charge of choices about your life.

## Referral



This means sending your details to a service, so you can use that service.



For example, a GP or a community worker can **refer** a person to a [social prescribing practitioner](#).



Or a [social prescribing practitioner](#) can **refer** a person to a group or organisation to do an activity.



You can also refer yourself to a [social prescribing practitioner](#). This is called **self-referral**.

## Signposting and active signposting



**Signposting** is when a social prescribing practitioner tells you about a service, so you can look into it yourself.



**Active Signposting** is when your social prescribing practitioner knows you and what you care about. They also know what groups or services are in your area. They can refer you to the best ones for you.

**Active signposting** is more commonly used in social prescribing than just **signposting**.



Lots of people working in different jobs do **signposting** and **active signposting**, not just social prescribing practitioners.

For example, receptionists at doctors' surgeries.

## Social cafes



These are services in local communities that can help you to meet new people and reduce loneliness.

## Social prescribing



**Social prescribing** helps connect people to groups and services in the community. It is a way to help them manage their health and [wellbeing](#).



It can help with lots of different things in a person's life. For example:

- Reducing loneliness.
- Improving physical health.
- Dealing with debt.
- Lots of other things. It depends on each person and what they need.

**This is also sometimes called:**

- [community-based referral](#)
- [community connection](#)
- [non-medical referral](#)

## Social prescribing pathway



This is when you access [social prescribing](#) and you are [referred](#) onto other groups or services.

# Social prescribing practitioner



A **social prescribing practitioner** is a person who helps people with [social prescribing](#) as part of their job.



The **social prescribing practitioner** will talk to you about the things you need support with. They do not deal with medical issues.



The **social prescribing practitioner** is there to work **with** you, not tell you what you must do.



They connect you with groups and services that can help improve your health and [wellbeing](#).

They might go along with you when you start a new activity.

**They are also sometimes called:**

- **community connector**
- **link worker**
- **community coordinator**
- **wellbeing advisor**



## Welfare support referral



This is when you are [referred](#) for help to do with:

- social welfare, the services that support you when you need it
- the law or
- money

For example, help with managing debt, dealing with housing problems and many other things.

## Wellbeing



This is to do with your physical and mental health and your quality of life. It is about being happy, healthy and comfortable with your life and what you do.

## What matters conversation



This is the conversation that takes place between you and your [social prescribing practitioner](#). It is about finding out what you need help with and what matters to you.

This is also sometimes called:

- [wellbeing conversation](#)