



help&care

**Stepping into Nature Conference**  
**Tuesday 1<sup>st</sup> November 2022**





help&care

working in partnership with

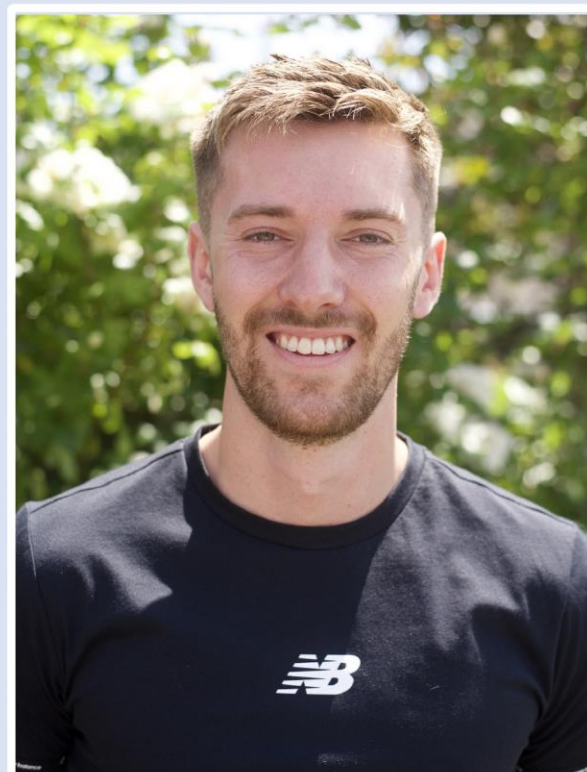
**NHS**  
Dorset HealthCare  
University  
NHS Foundation Trust

**DORSET**  
MENTAL HEALTH  
FORUM  
Promoting wellbeing & recovery

# The Dorset Self-Management Service



**JONATHAN WILLIAMS**  
Health & Wellbeing Coach



**JACK BUCKLAND**  
Locality Manager

# What Is Social Prescribing?

Social Prescribing provides options for people and their non clinical needs.

Our staff have the time to conduct a personalised conversation about their social and emotional requirements and co-create a support plan.



WHO CAN ACCESS SOCIAL PRESCRIBERS?

**ANYONE**

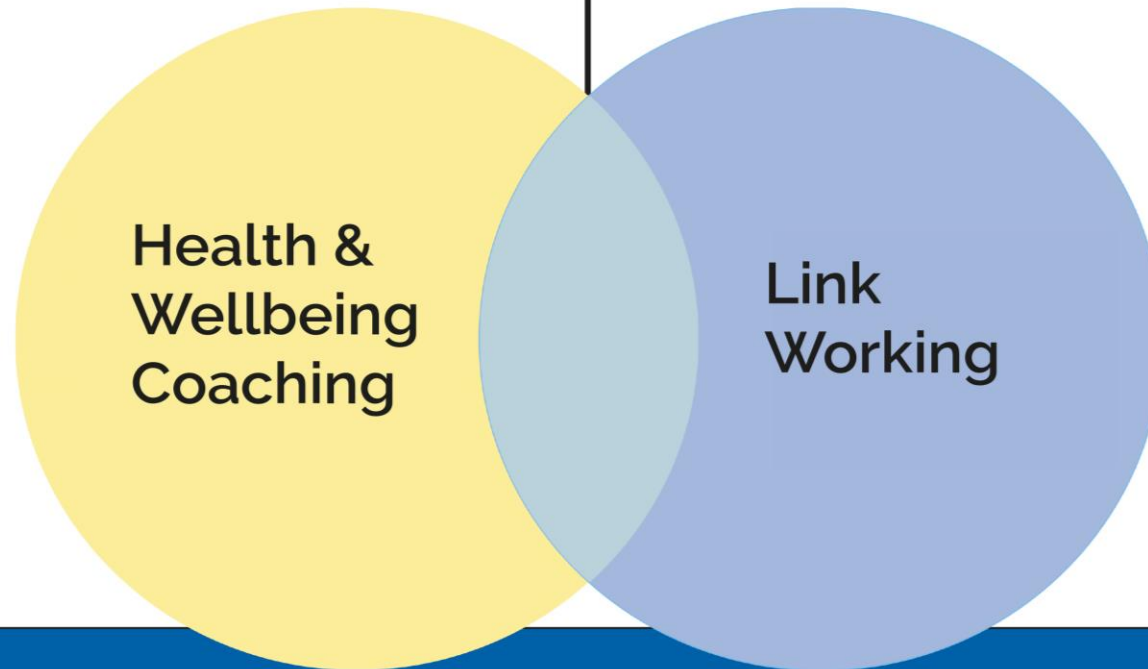
AGED OVER 18 AND REGISTERED WITH A DORSET GP







## SOCIAL PRESCRIBING



Focus on behaviour change  
Improving knowledge,  
confidence and skills  
to self-manage  
Goal setting

Focus on connecting with groups  
and activities within the local  
community  
Improving an individual's social  
support network  
Information sourcing and gaining  
confidence to get to and  
attend groups

**NO WASTED CONVERSATION**

Listen

to their **story**



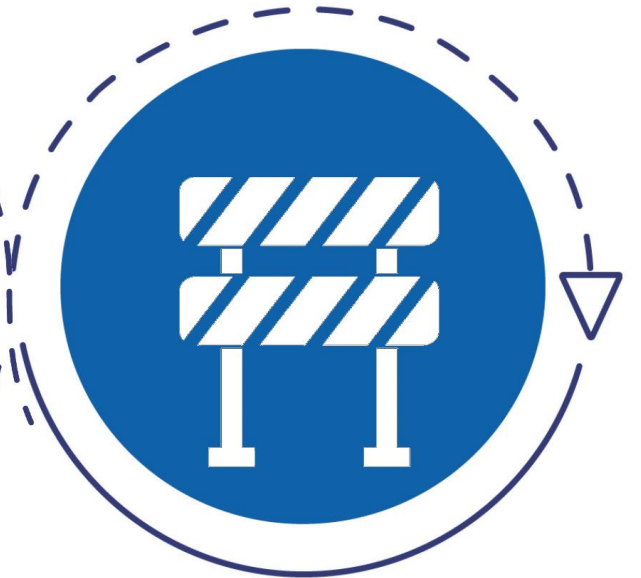
Identify

What is **important**?  
What they want to **change**?



Follow-up

Any **barriers**?



HWB COACH

Goals

Express as a **goal**

LINK WORKER

Signpost

**Collaborate** with  
other services







# Meet David...

- <https://www.helpandcare.org.uk/services/self-management/>



# THANK YOU FOR YOUR TIME

*Any questions?*

To refer to the  
Dorset Self Management Service  
Telephone: 0303 303 0153  
or visit our website:  
[www.helpandcare.org.uk/services/self-management/](http://www.helpandcare.org.uk/services/self-management/)