

# WOKING

## Social Prescribing

SPRING 2026

Spring is here and we can finally make the most of the longer days and warmer weather, Woking has lots to look forward to this season including the World Health Day event at Everyone Active: Woking Leisure Centre on Tuesday 7<sup>th</sup> April. Everyone Active will be providing free physical activity tasters and activities for people to try on the day, pop on down!



Scan here to refer yourself to the free Social Prescribing Service or visit one of our drop-in sessions (times at bottom of this page) to have an in-person chat and find out what other support is available to you.

OPENING 23 APRIL 2026



### Keeping Families Fed

Anyone can become a member of Woking Community Grocery. When we open just pop in and sign up for an annual membership then shop in store multiple times a week, filling your basket from just £5 each time.



## Read some of our Social Prescribing success stories....

An elderly resident who lives alone needed help with practical daily tasks to maintain her independence at home and wanted to socialise more. The Social Prescribing Link Worker (SPLW) met with the resident and her son at her home to explore her support needs. Due to medical conditions and two recent falls, she struggled with tasks such as hoovering and changing bedding. Her son also expressed concern about the safety of the steps leading to her front door, as several tiles had come loose.

Following the home visit, the SPLW emailed information on a range of relevant services, and a referral was made to handyman service Homelink to repair the unsafe step. The resident contacted Silver Friends who provided contact details for trusted cleaners and a cleaner started visiting once a week to support her with tasks around the home. Silver Friends also visited the resident to discuss the social activities they offer in the community.

The resident reported that accessing Social Prescribing has improved her wellbeing and increased her confidence in managing daily life.

A Social Prescribing Link Worker (SPLW) had a telephone appointment with a 25-year-old resident with autism, he had been out of work for over a year and wanted to return to work but didn't know where to start. The resident also lacked motivation to leave the home and had only been out twice that year, he was interested in volunteering opportunities to help build his confidence.

Following the telephone appointment, the SPLW emailed over information for Surrey Choices, a service who helps to support neurodivergent people prepare and find work and several volunteering opportunities in the community.

The SPLW then followed up with the resident a month later to find out how he was getting on, he informed them that he was doing much better. He had started volunteering with Holme Farm, helping at the community garden once a week and had also had his initial assessment with Surrey Choices and with their support, began preparing himself to get back into work.

Pop in for a chat with us at our bi-weekly Social Prescribing drop-in sessions

Monday: 11.30am-2pm

Tuesday: 12.30am-2.30pm

Wednesday: 2pm-4pm

Welcome Church Café, GU21 6DJ

Salvation Army, GU21 3BE

Byfleet Methodist Church, KT14 7LL

If you would like to get in touch you can email us on [social.prescribingwoking@spelthorne.gov.uk](mailto:social.prescribingwoking@spelthorne.gov.uk)