

How to Refer

Any young person aged 11-18 can be referred or up to aged 25 with an EHCP who live in the Chesterfield, North Hardwick and Bolsover area who also

have a home address in this area

be on role at a school in this area

be a looked after child or care leaver living in this area

not be in employment, education or training (NEET) and living in this area;

be a patient within North Hardwick & Bolsover PCN;

attend Chesterfield FC Community Trust

Accessing the Service

A GP can make a referral, or a parent, carer or young person can refer themselves

Follow the QR code



Contact Us

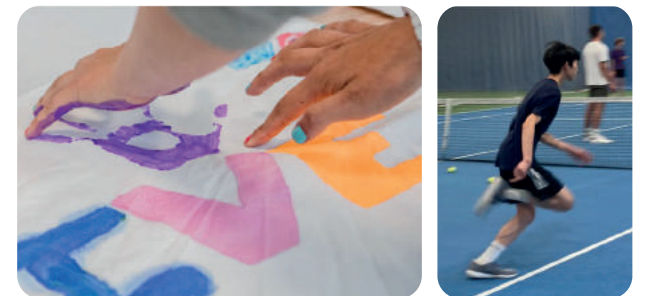
For more information about social prescribing, please contact us at

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Social Prescribing for Young People



Activities with the social prescribing team

Who We Are

We are a team of social prescribing link workers working for Chesterfield Football Club Community Trust



We provide person-centred support to young people living in the Chesterfield, Bolsover and North Hardwick areas, who display behaviour that indicates they may:

be socially isolated and lack social connections in the wider community

have mild/moderate emerging mental health needs, such as anxiety or low mood

have a high BMI and could benefit from support with managing their weight

be at risk of permanent exclusion or NEET (not in employment, education, or training).

What We Do

We offer a light touch, short term support with the intention of connecting young people with their communities.

Our aim as link workers is to help them to feel better about themselves and their lives.

We work closely with young people to discover their concerns and worries, but also the things they enjoy, the things they value and the things that matter to them.

With a non-judgemental, solution focused approach, we support young people to grow in confidence and independence.

Case Study

Social Prescribing has helped me with my confidence.

I have been getting on buses by myself, which is something that I couldn't do before.

I have also joined a football a team and it is amazing!

I look forward to it every week and

I love playing in games.

My self-esteem is really starting to improve, and I am looking forward to the future again.

Comment from a young person accessing social prescribing

Our Mission

**to enable
young people to live their best life,
by building confidence,
independence and increased
participation through
individualised goal setting around
what matters to them**

Through changing their mindset and behaviour, we can help them overcome personal barriers, to become more motivated and grow in confidence, supporting them to:

take part in activities

find out about volunteering opportunities

join a community group or class

investigate paths in education or training

learn about finance and budgeting

feel confident using public transport