

Social Prescribing

Would you like to?

- Improve your general health and wellbeing
- Reduce feelings of isolation
- Discover local self-help groups, clubs and befriending agencies
- Volunteer your own time and experiences
- Find bereavement support
- Access social groups and parenting classes
- Explore support for housing, employment, benefits, debt & legal advice
- Become more active
- Get involved in your local community



If so, make an appointment with our social prescriber to help you achieve these goals

Our social prescribing service is available to anyone, who would like help to improve their health and wellbeing. Talk to your GP or healthcare professional about a referral. Alternatively, you can self-refer by emailing lucy.hill17@nhs.net or calling Lucy on 07933 944 556

A social prescriber is:

- Someone you can talk to confidentially
- Someone who is practical, helpful and who will not judge you
- Someone who can give you additional and ongoing support to improve your health and wellbeing