

SOCIAL PRESCRIBING

Lots of things in life
can make you feel
unwell or overwhelmed

UNEMPLOYMENT • **MONEY** • **BENEFITS**
WELLBEING • **FAMILY LIFE** • **HOUSING**
RELATIONSHIPS • **LONELINESS**

Social Prescribing can link you to free & low cost services such as:

- Housing, benefits & financial support/advice
- Education & learning
- Arts, music & creative activities
- Healthy lifestyle advice, physical activity & outdoor activities
- Befriending, counselling & emotional support groups
- Employment, training & volunteering

We offer support to adults aged 18+. You can talk to our friendly team in confidence.

How we support you

We can help you over the phone or face-to-face. Together we can:

1. Discuss the issues you're facing
2. Explore what is important for you
3. Find local activities & services
4. Give you support to access them

“Social prescribing has pointed me in the right direction, rather than me floundering around not knowing what to do & what is available. I have all the information I need when I am ready to use it.”

“Honestly I can't thank you enough for your time, patience & advice. I have never felt pressured but feel I have made great progress.”

If you think a Social Prescribing Link Worker can help, please call or email:
0300 303 5291
rbccg.spbromsgrove@nhs.net

