



# IMPROVE YOUR HEALTH AND WELLBEING

## SOCIAL PRESCRIBING SERVICE



Social prescribing tackles the non-medical problems that affect your health and wellbeing.



## ARE YOU :

- Worried about money?
- Feeling stressed?
- Overwhelmed?
- Low?
- Isolated or lonely?
- No one to turn to?
- Want to get active?
- Want to meet new people?
- Need help getting into employment?



## WHAT WE DO

Social prescribing looks at all your needs from the different areas of your life.



Together, we work out what help you need and connect you with the right support.

## WE CAN HELP WITH

- Money, benefits, debt.
- Emotional support.
- Family support.
- Housing issues.
- Stress, anxiety, low mood.
- Feeling lonely or isolated.
- Diet, exercise, stopping smoking.
- Staying independent.
- Support around a disability.

## WHO WE SUPPORT

We can offer help and support to anyone aged 16 and over, registered with the following GP practices:

- Ancora Medical Practice
- Ashby Turn Primary Care Centre
- Cambridge Avenue Medical Practice
- Cedar Medical Practice
- Kirton Lindsey & Scotter Surgery
- West Common Lane Teaching Practice

## HOW CAN I ACCESS THE SERVICE?



- Online by going to our website or use the QR Code below.
- Ask your GP Practice to refer you.

