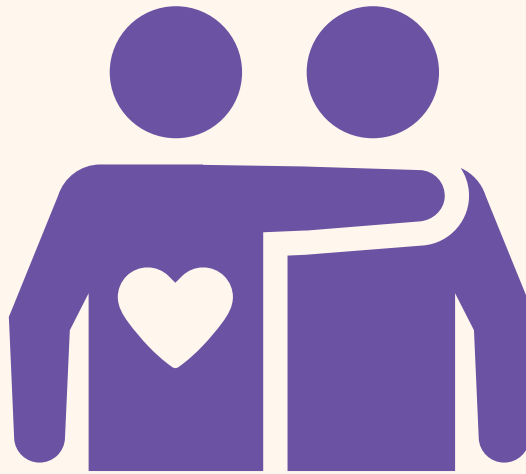


SOCIAL PRESCRIBING SERVICE

Did you know?

Your doctor isn't the only person who can help you feel better.

You can **improve your health** and wellbeing through **social prescription**.

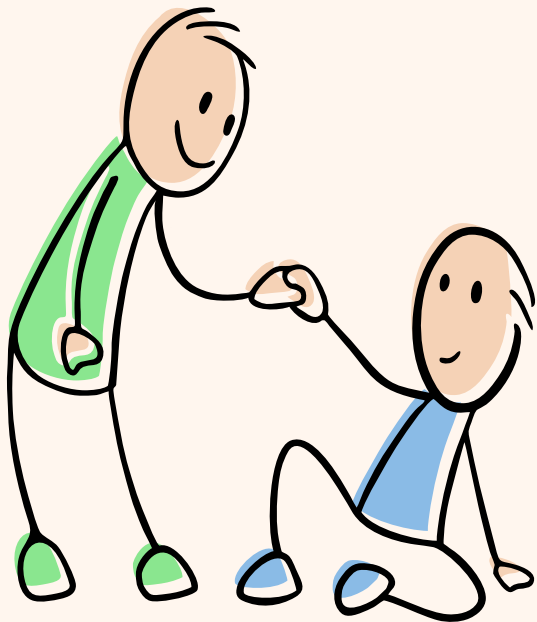


What are the benefits?

- **Improve your mental and physical health**
- **Meet new people**
- **Learn a new skill or activity**
- **Increase self-confidence & self-esteem**
- **Have a better quality of life**
- **Get involved in your community**

What is Social Prescribing?

The idea behind social prescribing is to help **you** to **have more control** over your **own health** and find ways to **improve** how you **feel** in a way that suits you.



SOCIAL PRESCRIBING SERVICE

What type of support can I get?

- Social isolation
- Smoking cessation
- Befriending services
- Bereavement
- Mental health support
- Long term health support
- Volunteering
- Debt management
- Healthy lifestyle
- Joining groups: activity-based
- Employment and training
- Volunteering
- Accessing specialist services and support

AND MUCH MORE!

How do I access the service?

Anybody can use this service **free** of charge once **registered** at a **GP Practice**.

To get an appointment you can:

Ask your **GP, healthcare provider** or any **member of your surgery team** to refer you to a Social Prescriber.



Contact

Shanice is the local Social Prescribing Link Worker at :

North Chelmsford NHS Healthcare Centre
Rivermead Gate Medical Centre
Chelmer Village Surgery
Sutherland Lodge Surgery