

Social Prescribing

Money worries
Debt, housing

**Looking after
your
wellbeing**

**Looking after
someone**

Loneliness
Befriending service
Bereavement

**What is social
prescribing ?**

**Supporting
independence**
Mobility & equipment

Getting out & about
Community transport
Clubs & groups

Lifestyle changes
Weight management
Exercise
Health education courses



Linking people to non-medical support & guidance
Please enquire at reception