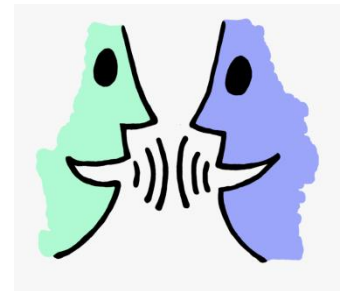


Social Prescribing

Connecting you to local services to improve your physical and mental wellbeing



Health and wellbeing starts by taking care of ourselves the best we can. But that's not always easy. You might ask yourself – Where are the exercise classes or social groups you could join? Or, what can I do to improve my health and wellbeing?

That's where social prescribing comes in!

Our Social Prescriber, **Chloe** can meet with you in the surgery to learn about your lifestyle and help you identify activities that will support you in reaching your health and wellbeing goals.



Well-being



Arts & crafts



Advice & guidance



Eating well



Physical exercise



Meeting people



Addiction support

Could you benefit from this service?

Speak to your GP, or contact us on:

T – 01223 810 030