

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

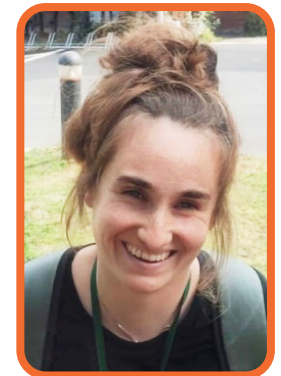
We offer support to adults aged 18+. You can talk to our friendly Social Prescribing team in confidence.



Antonia Whitlock



Sara Sargeson



Georgia Allen

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

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

Scan here for our referral form



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



Bromsgrove District Council
www.bromsgrove.gov.uk