

## What type of support can I get?



Your social prescriber can help support you with:

- Finance and debt advice
- Housing issues
- Social isolation or loneliness
- Exercise groups or activity suggestions
- Healthy eating advice
- Volunteering opportunities
- Support groups
- Mental health support
- Practical support
- And many other things

## We're here to help



If you are a registered patient at:

- Lache Health Centre
- City Walls Medical Centre
- Western Avenue Medical Practice
- Handbridge Medical Centre

Please get in touch, we would love to hear from you.

## Contact us



Drop into your surgery, or mention it at your next appointment



Email directly to your social prescriber with any queries  
[kate@healthboxcic.com](mailto:kate@healthboxcic.com)



Call your surgery if you want further information or call direct to your social prescriber, Kate on  
**07824 991 913**



You can read more about social prescribing here:  
[www.england.nhs.uk/personalised-care/social-prescribing/](http://www.england.nhs.uk/personalised-care/social-prescribing/)

# Social Prescribing Service

## Did you know?

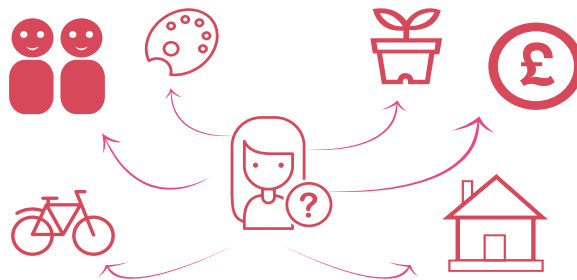
Your doctor isn't the only person who can help you feel better

You can speak with your **social prescriber** to find ways to improve your health and wellbeing



## What is Social Prescribing?

Social prescribing is about improving your **physical** and **mental health** and **wellbeing**. This is achieved by giving you access to social groups and activities, advice, support and working with you to find out what truly matters to you.



## How does it work?

You can arrange to see your Social Prescriber by speaking with your GP, nurse, receptionist or by directly contacting them on the details overleaf.

They will arrange to speak to you on the phone or meet in person to see how best to support you.