

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+ & can help you over the phone or face-to-face.

You can talk to one of our friendly Social Prescribing Link Workers like Gail in confidence.

Meet our team



Gail
Social
Prescribing
Link Worker

You can self-refer onto to the service by calling or emailing us on:

0300 303 5291

rbccg.spbromsgrove

@nhs.net



Bromsgrove
District Council

www.bromsgrove.gov.uk