

# 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

"Honestly I can't thank you enough for your time, patience & advice. I have never felt pressured but feel I have made great progress."

**To access this service you must be registered  
at one of the following GP surgeries:**

- |                 |            |               |
|-----------------|------------|---------------|
| • Churchfields  | • New Road | • Glebelands  |
| • St Johns      | Bromsgrove | • Barnt Green |
| • Davenal House | • New Road | • Catshill    |
| • Cornhill      | Rubery     |               |

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

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

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

"Social prescribing has pointed me in the right direction, rather than me floundering around not knowing what to do & what is available. I have all the information I need when I am ready to use it."

**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](mailto:rbccg.spbromsgrove@nhs.net)**



**Bromsgrove  
District Council**  
[www.bromsgrove.gov.uk](http://www.bromsgrove.gov.uk)