

Social Prescribing

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



Health and wellbeing starts with taking care of ourselves as best as we can. But that isn't always easy. Where are the exercise classes or social groups you could join? What can you do to improve your health and wellbeing?

That's where social prescribing comes in!

A member of our team will meet with you to learn about your lifestyle and help you identify activities that will help you to reach your health and wellbeing goals.



Counselling



Arts and
crafts



Advice &
guidance



Addiction
Support



Physical
activity



Culture



Eating
well



Meeting
people

Could you benefit from this service?

Ask your GP Practice, or contact us on:

T: 0121 663 0904 (and quote Social Prescribing)

E: info@healthexchange.org.uk

W: www.healthexchange.org.uk/socialprescribing