

“I can’t thank my advisor enough for the **support, guidance, understanding, reassurance and encouragement** she has given me.”

Social Prescribing client

## What can I expect?

Your advisor will contact you to introduce themselves and book your first appointment. Your first appointment will be up to 45 minutes long.

Your advisor will listen and provide help based on what matters to you.

Your advisor can support you for 3-6 months and help you to make positive changes to improve your health and wellbeing.

## How can I access Social Prescribing?

Social Prescribing is available to those aged 18 years and older across the whole of Shropshire.

You can refer yourself to Social Prescribing by calling **0345 678 9028** Monday to Friday, 9am – 5pm and selecting the self-referral to Social Prescribing option.

Or you can email **healthylives@shropshire.gov.uk** with the subject “Social Prescribing self-referral”.

Alternatively, you can ask for a referral at your GP practice.

# Social Prescribing

“A very inspiring programme”



Walking groups



Befriending



Housing advice



Fitness classes



Social activities



Shropshire Council

Shropshire together



# What is Social Prescribing?

Social Prescribing is a free and confidential service to help you improve your health and wellbeing. With the support of a trained advisor, you will be able to access further support and community groups in your area, such as:



**Walking groups**



**Befriending**



**Housing advice**



**Fitness classes**



**Social activities**



**Employment support**

"I find Social Prescribing a breath of fresh air and I'm so glad that my medical practice put me in touch with this process.

My advisor is a cheerful, compassionate, helpful person to deal with; she has advised me on many things throughout the past few weeks, listened and talked through my anxieties with me."

Social Prescribing client



# Who is it for?

**Social Prescribing can help if you:**

- Feel lonely or isolated
- Are caring for someone
- Are feeling low, stressed or down
- You want to lose weight or quit smoking
- Want to get more active
- Need help accessing housing or financial advice
- Want to get involved with your local community
- Want to improve your management of a new or long term condition

**"I felt listened to and heard. I felt valued and respected. I never felt pressured"**