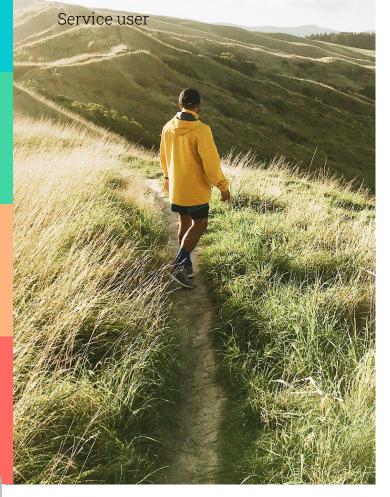
"I can't thank
my advisor
enough for the
support, guidance,
understanding,
reassurance and
encouragement
she has given me."



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 Adults Service is available to those aged 18 years and older across the whole of Shropshire

You can create a self-referral by going to www.shropshire.gov.uk/adult-socialprescribing

Or scan the QR code



Or call **0345 6789 028** (Mon-Fri 9am-3pm) and then selecting the self-referral to Social Prescribing option.

You can also email **healthylives@shropshire.gov.uk** for more information

Alternatively you can ask for a referral at your GP Practice.



Befriending

Housing advice

Fitness classes

Social activities





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



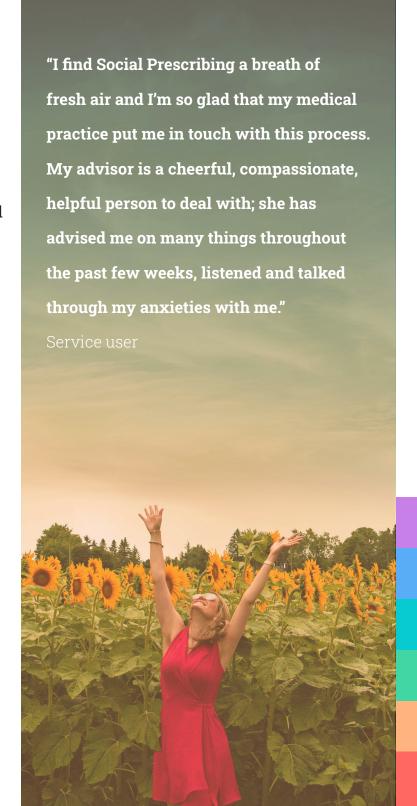
Fitness classes



Lunch clubs



Employment support



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"