



## Community Referral (Social Prescribing)

Free support to help you make positive changes to improve your health and wellbeing.



### Our supportive team can help you:

Connect with your local community

Enable you to be more physically active and improve your wellbeing, helping you stay well

Empower you to make decisions to support your health and wellbeing

You can be referred to the Community Referral Service through your GP Surgery or by visiting our website

[www.ywb.org.uk](http://www.ywb.org.uk)

## Is Social Prescribing right for me?

Do you want to make a positive change in your life?

Social Prescribing supports you to access services and activities.

## What does the service provide?

A Community Wellbeing Champion will work with you to create a personalised support plan. Helping you connect with services and organisations for practical support including debt, housing and carer support in your community.

## Am I eligible?

The free service is available to adults (18+) who are ready to make a change in their lives to improve their health and wellbeing.

## How does it work?

Once we have received your referral the Community Wellbeing Champion will make contact by telephone and arrange to see you at the GP practice or a convenient community venue.

