



**Help on Your
Doorstep**



SOCIAL PRESCRIBING

Social Prescribing is a wellbeing service that links you into organisations to support your non-medical needs related to your health and wellbeing.

SERVICES AND SUPPORT

Services and support that we may be able to link you into include:

- Debt and Financial Hardship support
- Benefit Advice and support
- Bereavement counselling
- Volunteering
- Training and employment
- Mindfulness
- Befriending
- Joining a local social group - making friends, getting fit, being creative

You can ask your GP to refer you to a Social Prescribing link worker.

We will listen and work alongside you to seek appropriate support, advice and information.



Help on Your Doorstep works with people to improve lives, enhance wellbeing & strengthen communities

FIND OUT MORE

To find out more about social prescribing with Help on Your Doorstep visit:

www.helponyourdoorstep.com