**WELLBEING PRESCRIPTION**

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| **NOTE** | Did you know that The Blackmore Vale Partnership Wellbeing Team can offer you support to maintain your wellbeing. Check the list below to see if any of the activities or services may be of interest to you. Just put a tick in the box of those that appeal to you, complete your name and contact details and pop this form into reception, or email to: [bvpwellbeing@dorsetgp.nhs.uk](mailto:bvpwellbeing@dorsetgp.nhs.uk). |
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| **PART 1** | | *I am interested in receiving more information about the following:* |
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|  | **Bereavement** *–**advice and support* | |
|  | **Carers** *– support and advice for those caring for loved ones* | |
|  | **Diabetes COPD, Asthma etc Support Group** - *advice and support* | |
|  | **Craft Groups** –*creating in a social environment* | |
|  | **Falls Buddy Scheme –** a Falls Buddy volunteer to support someone who is living alone and at risk of falls for up to 12 weeks(assessment required) | |
|  | **Gardening** – *Abbey View Medical Centre Gardens, local gardening groups/allotments/outdoor spaces* | |
|  | **Health Coaching** – *healthy eating; exercise* | |
|  | **Health Champions** – volunteering opportunities | |
|  | **Lunch Club** – *socialising and a nice lunch* | |
|  | **Menopause –** *peer support group* | |
|  | **Mental Wellbeing** –*peer support***,** *meditation; arts events, book groups; film society* | |
|  | **Parkinson’s Café –** support for those with Parkinson’s | |
|  | **Physical Fitness** –*walking groups; weight loss; exercise of referral* | |
|  | **Citizens Advice –** *arrange a F2F appointment for you* | |
|  | **LGBT** *– peer support* | |
|  | **Military Veterans –** *peer support* | |
|  | **Other** – *please state here* | |
|  | **Social Activities –** making new friends and keeping loneliness at bay | |

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| **PART 2** | *I understand that the details I give will be passed on to Blackmore Vale Partnership Wellbeing Team who will contact me about areas I’ve requested, within 7 working day.* | |
| ***Name:A*** | | |
| ***Phone/email: A*** | | |
| ***Signed:*** | | ***\* Data protection****: we will never share your personal information with any third party without your specific permission.*  ***© 2020*** *Blackmore Vale Partnership* |

**\*Our Health Champions are all DBS checked and are bound by the same rules of confidentiality as NHS staff.**