

YOUR SOCIAL PRESCRIBING TEAM IN
BURMANTOFTS, HAREHILLS & RICHMOND HILL

PATIENT AMBASSADORS



PRACTICES WE COVER:

York Street Surgery

Shakespeare
Medical Centre

Chapelton
Family Surgery

Newton Surgery

Ashton View
Medical Centre

Bellbrooke
Surgery

East Park
Medical Centre

Harehills Corner
Surgery

Conway
Medical Centre

Lincoln Green
Practice

Roundhay Road
Surgery

Milan Street
Surgery

WHO WE ARE?

We are a **compassionate, non-judgmental service** based at your GP practice, who support your well-being through addressing your non-medical needs.

WHAT WE DO?

We **spend time** exploring what matters to you and **connect you to the right services** in your community and to groups at our Care Coordination Hub: The Shine, Harehills.

CONTACT US FOR REFERRALS AND MORE INFO:



07591 587027 / 0113 240 5080



wycb-leeds.bhrcch@nhs.net



www.bhrprimarycarenetwork.co.uk

Hamara
Bringing Communities Together

BHR | Burmantofts
Harehills
Richmond Hill
PRIMARY CARE NETWORK

WHAT CAN WE SUPPORT WITH?

- Employment and volunteering
- Money management
- Housing
- Low level mental health
- Benefit claims
- Loneliness and isolation
- Refugee/Asylum seekers support
- Carers support
- Domestic violence

5 Ways to Wellbeing

There are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



CONNECT

1. Reach out to friends & family
2. Take a walk with a friend
3. Join a group/club in the local community



BE ACTIVE

1. Discover a new activity you enjoy
2. Take part in a challenge
3. Take the stairs, instead of the lift



GIVE

1. Do something nice for a friend/stranger
2. Offer your help with a project
3. Volunteer in the local community



TAKE NOTICE

1. Be present in the moment
2. Notice your own emotions
3. Focus on your breathing for a moment to help feel calmer



KEEP LEARNING

1. Learn a new recipe.
2. Sign up to a new class.
3. Learn new hobbies that challenge you

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