



What is it?

It's an approach that connects people to activities, groups and services in their community to improve their health and wellbeing.



Visit the Social Prescribing Community drop-in at the:
The Young People's Centre, West Bridgford, NG2 6AT
Mondays* 10am -12pm
for advice and support

**usually term-time only so check website before attending*



Scan the QR code or
see our website for further details:
www.rushcliffehealth.org/rushcliffe-social-prescribing



Social Prescribing

Let's  Live Well 
in Rushcliffe

What is Social Prescribing?



It is an approach that connects people to activities, groups and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

Where to find us for more information :

**Rushcliffe
Social
Prescribing
Service** 

www.rushcliffehealth.org/rushcliffe-social-prescribing

Click here to visit our website!



Discover Rushcliffe Social Prescribing's Community Wellbeing Hub and scan the QR Code to visit our app:

**Social Prescribing
Community Hub**



**SCAN
ME!**

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Check out the events here on Eventbrite

For more information, visit the Social Prescribing Facebook page:
www.facebook.com/RushcliffeSP

