

## Areas Covered by Community Social Prescribers

Nuneaton Central, South & North

Rural North Warwickshire

North North Warwickshire

Bedworth

Coventry

Rugby



health  
exchange

In partnership with



Coventry and Rugby  
Clinical Commissioning Group

# Social Prescribing

Connecting you to local services to improve  
your physical and mental wellbeing



**“The Social Prescriber is very knowledgeable and helpful, I am looking forward to seeing her again.”**

**“What I have had from you has been superb. I have really enjoyed talking to you. You’ve helped me to focus on things now. Thank you so much.”**

For more information:

**For Self Referral call iSPA on  
0300 200 011**



## What is Social Prescribing?

At times we feel ‘unwell’, ‘out of sorts’ or ‘below par’ and a medical prescription is not the answer. What we are lacking is company, interests, or a change of scene to make us feel connected and motivated. Or perhaps we need counselling or more exercise to keep our bodies strong and our minds stimulated.

Our health and wellbeing starts with taking care of ourselves as best as we can. Social Prescribing is a free service.

### Ask yourself:

- What do you need to help you feel more included?
- What could you do to feel happier in yourself?
- Do you want to make new friends?
- Are you aware of what is going on in your local area?
- Where are the exercise classes or social groups you could join?
- Where can you go for advice on finance and housing problems near you?
- Are you a carer needing support?

### That's where social prescribing comes in!

Our free Social Prescribing service can provide you with a personal **Community Social Prescriber** who will help you identify one or more activities to improve your wellbeing and support you in starting it.

### You are eligible if you are:

- Over the age of 18
- In need of some support, guidance and encouragement to improve your mental or physical health and wellbeing
- If you are within the area listed overleaf and would like to self refer, call iSPA.



### How does it work?

One of our **Community Social Prescribers** will contact you to have a chat about your lifestyle and help you to identify activities that will benefit you and help you reach your goals. If you want to see the activities available to you in your local area, you can visit: [www.healthexchange.org.uk/services/social-prescribing](http://www.healthexchange.org.uk/services/social-prescribing)

### What kind of activities are available to me through Social Prescribing?



Advice and Guidance



Physical Activity



Arts and crafts



Counselling

### Contact us for more information:

For Self Referral call iSPA on  
**0300 200 011**

Facebook: **Health Exchange**  
Twitter: **@HealthExUK**

