

Addressing difficult issues needs extra time and support. Our social prescribing link workers can help you look after more than just your health.

We work alongside Lewisham GPs and nurses to help you get extra support.



# Lewisham Social Prescribing Service

Finding community opportunities to improve your wellbeing and help you feel better



We use the overarching **Five Ways to Wellbeing** to promote general wellbeing:



We work in partnership for up to 8 weeks as part of a plan to understand people's situation, interests and aspirations and together we monitor progress to improve their wellbeing.

To find out more about Social Prescribing visit the One Health Lewisham website at <https://onehealthlewisham.co.uk> or visit your GP surgery.

We can link you up and initially accompany you to free and low cost services:

- Making appointments for Housing, benefits, financial support and advice.
- Completing Blue Badge, Taxi Card and Dial a Ride applications.
- Introducing you to healthy lifestyle advice and physical activities.
- Arts, music, outdoors and creative activities.
- Social activities and clubs.
- Befriending, counselling and emotional /peer support groups.
- Employment, training and volunteering
- Education and learning.

