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**Social Prescribing in Bexley**

**Helping you to live a healthy life with others.**

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|  | Our health can be affected by lots of  different things. |
|  | We might feel unwell if we have money  problems. |
|  | If we are not sleeping very well. |
|  | If we are worried or upset. |
|  | If someone close has died or a  relationship ends. |
|  | The help we need may not be tablets or  other medicines. |
|  | We can get different types of help in the  community where we live:   * Friendship groups * Exercise * Healthy eating * Advice and support * Volunteering and getting involved |
|  | A Social Prescriber/link worker is a  person who can help you with this.  It is **FREE** so you don’t pay anything. |
|  | If you are over 18 and registered with a  Bexley GP you can use this service. |
|  | Any member of the GP Practice teams  can refer you to us or you can contact us  yourself. |
|  | A Social Prescriber can then meet you,  find out how you are feeling and what  help you need. |
|  | They can help you to make a plan that is  right for you. |
|  | You if you think we can help you get in  touch. |
|  | Call on 01322 524682 and press  option 1  (Monday to Friday, 10am-4pm) |
|  | Email us at:  [communityconnect@bvsc.co.uk](mailto:communityconnect@bvsc.co.uk) |

