

Our social prescribing team provide free and confidential sessions for you to explore what is important to you and what steps you can take to feel more in control of your health and wellbeing.



Our service aims to support people with health conditions and carers.

Our commitment is to work with you as an equal partner to help you look forward, starting the conversation with **what matters to you.**

Our **social prescribing team** can support you to take positive steps to feel like 'you' again.

Wherever you are on your journey we have **tailored support to suit you.**



"I am so glad I had somebody completely non-judgemental and so understanding to talk things through with. I realise that what I was doing was not the problem, but the way I was looking at it. Thank you so much"

"You showed me so many things and helped me feel much better. I have joined the coffee club and am going to help out. I laughed at myself doing some of the exercises – really cheered me up"

"Coaching has made me feel better about my life and feel happier. I realise how important self care and self motivation is and will continue to build on my successes"

"Through coaching I have learnt to see things differently and this has led me to feel much more positive. I now want to do things and I am motivated to reach my goals"

"I did not know what to expect from these phone calls and was dreading them. However, the Coach has such a calming way and is so wonderful and lovely to talk to she has helped me so much. I have learned mindfulness and about doing things for me. It has given me a different way of seeing things that enabled me to get myself back in a better place already" Thank you so much for all your support and kindness"

"I feel I have control back and it has been thanks to you. I feel listened to and the support and advice I have taken on board for myself and now really feel back on track. You have worked wonders for me"