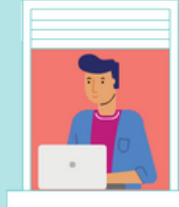




Surrey Heath **Social Prescribing**

Helping you to access services for better **health** and **happiness**



Struggling with life changing events like bereavement, retirement, child leaving home or a new baby?

Feeling like you've lost your 'spark' and need help with your confidence?

Worried about finances and not sure where to go for help?

We are the social prescribing team, we can help you and put you in touch with the right services such as:



Cookery Course

Befriending Service



Finance Support



Exercise Classes



Transport Support



Carers Support



You don't need to do this alone, you can self refer using the form via:

- Scanning the QR code or Complete the online form <https://tinyurl.com/3sh2s7at>
- Calling: **01276 707253**



Or talk to your GP Receptionist who can put us in touch with you.

Social Prescribers - here to help you thrive not just survive...

