

# Are you struggling?

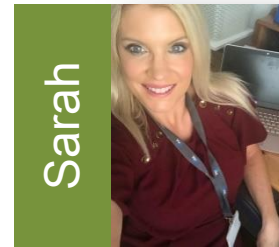
We have the time to listen



We are the **'Social Prescribing Team'** for your surgery and are here to listen and help with **'what matters to you'**, whatever that may be.

We can provide emotional support whilst exploring practical resources to match your individual needs. **Linking you up with the right support at the right time.**

From money and housing advice to walks and talks, from bereavement and carers support to choirs and cafes, **we're here to help you find your way.**



Sarah



Serena



Barbara



Andy



## How to get in touch:

Ask your GP, nurse or health practitioner to refer you.

Alternatively you can self refer by asking a member of the reception team to send us a message.





What would you like to talk about?



Could things be different?



How can we help you get there?