







Next Steps

Your GP practice can make a referral or you can contact us directly.

Medical practices that can refer you

-  Bromley by Bow Health Centre
-  Merchant Street Practice
-  St Andrew's Medical Centre
-  St Paul's Way Medical Centre
-  Stroudley Walk Health Centre
-  XX Place Health Centre

Contact us

T: 07496 283141 | 07928 809935

E: socialprescribing.bbhc@nhs.net

W: www.bbhc.org.uk/bbhc-social-prescribing



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Bromley by Bow Centre, St Leonard's Street, E3 3BT
Charity number 1041653



Social Prescribing Service

**Your doctor isn't
the only person
who can help you
feel better**

আপনার ডাক্তার কেবলমাত্র এমন ব্যক্তি নয় যিনি
আপনাকে ভাল বোধ করতে সহায়তা করতে পারেন



**We're here
to help
Improve your health
and wellbeing**

Many of life's problems can make you feel unwell

How we support you

LANGUAGE BARRIERS LONELINESS
MONEY WORRIES WORK AND UNEMPLOYMENT
WEIGHT PROBLEMS HOUSING ISSUES
ADDICTIONS UNHEALTHY LIFESTYLES
MENTAL ILL HEALTH ANXIETY

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 GPs and nurses to help you get extra support.

Services to help you feel better

We can link you up with free and low cost services:

- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Healthy lifestyle advice and physical activity
- Arts, music, outdoors and creative activities
- Befriending, counselling and emotional support groups

We speak with you on the phone or meet face-to-face. Together we can:

1. Discuss issues you're facing
2. Explore what is important for you
3. Find local activities and services
4. Give you support to access them

"I was surprised to learn there's so much in my area"

"I didn't need pills, just advice and support at a tough time"

"It was nice to talk to someone outside my family"

"The extra help I received has made the future seem much brighter"