

WHERE TO REACH US?

Contact Social Prescribing Today!

 01282 433740

 socialprescribing@bprcvs.co.uk



**BURNLEY PENDLE
& ROSSENDALE**
COUNCIL FOR VOLUNTARY SERVICE

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219



Support From Your Community In Your Community!

Your Wellbeing, Our Priority:

Let BPRCVS' Social Prescribing Team
Guide You To Better Health!



Lancashire and
South Cumbria
Integrated Care Board

www.bprcvs.co.uk

WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a way for healthcare professionals to refer patients to non-medical support within the community. It recognises that our health and wellbeing are influenced by a range of social, economic, and environmental factors.



WHY US?

Do you feel that you would benefit from some support to connect with your community?

We can help you to compliment your care by supporting you to connect with your local community.

This could include anything from physical activity, sit and chat social groups, education, counselling, complimentary therapies, and to where you can access specialist advice.

HOW DOES IT WORK?

Consultation: During a visit with your healthcare provider, you may discuss social factors affecting your health such as loneliness, stress, or lack of exercise.

Referral: Based on your needs, your healthcare provider can refer you to a Social Prescribing Link Worker/Community Connector.

Personalised Plan: The Link Worker/Connector will meet with you to create a tailored plan. This might include activities like joining a local exercise group, attending art classes, or receiving debt advice.

Community Connection: You'll be connected to community groups, services, and activities that can help improve your wellbeing.