

# Connect with Your Community to improve your health & wellbeing

## The Social Prescribing Team will help you to

GET ACTIVE AND  
IMPROVE YOUR HEALTH

JOIN IN WITH FUN  
ACTIVITIES AND GROUPS

GET OUTDOORS FOR  
SOME FRESH AIR

IMPROVE YOUR  
MENTAL WELLBEING

FIND FRIENDS AND IMPROVE  
YOUR SOCIAL LIFE

HELP YOU TO GO TO THE  
DOCTORS' LESS OFTEN

Who wouldn't want a Social Prescribing Team Member to help improve health and wellbeing through social and local community activities?

Get support from a member of your local community

**01282 433740**

**[socialprescribing@bprcvs.co.uk](mailto:socialprescribing@bprcvs.co.uk)**



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

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219



**Lancashire and  
South Cumbria**  
Integrated Care Board