

HOW TO REACH US

Contact Social Prescribing Today!

Want to make a self-referral?

Scan the QR code to visit our Social Prescribing referral form.



Or for more information visit:



bprcvs.co.uk/socialprescribing



01282 433740



socialprescribing@bprcvs.co.uk

www.bprcvs.co.uk

Lancashire
County Council



Social
prescribing
for East Lancashire

NHS
Lancashire and
South Cumbria
Integrated Care Board



**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!



WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a way of accessing non-medical support within the wider community. It recognises that our health and wellbeing are influenced by a range of social, economic and environmental factors.

Here's what our clients say about us:

"After receiving the information, I felt really encouraged and excited about the idea of joining some confidence based courses."

"I'd be in a mess without it."

"I'm really looking forward to start volunteering."

"I'm so grateful for all the support. All I wanted was to be settled in my own place so I can get my life back on track."

WHY US?

Our team are highly experienced social prescribing link workers and social connectors helping you to meet your personal challenges by connecting you with other services and the wider community.

HOW DOES IT WORK?



Consultation: During a visit with other services, you may discuss social factors such as loneliness, finances, housing, anxiety, depression, mild mental health issues, and physical health challenges.



Referral: Based on your needs, you can consent to be referred or choose to self-refer to our Social Prescribing Team.



Personalised Plan: A member of our Social Prescribing Team will contact you to discuss your support needs and create a personalised plan. This may include activities such as joining a local art, walking, or social group, or receiving help with finances – supporting the things that matter most to you.



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