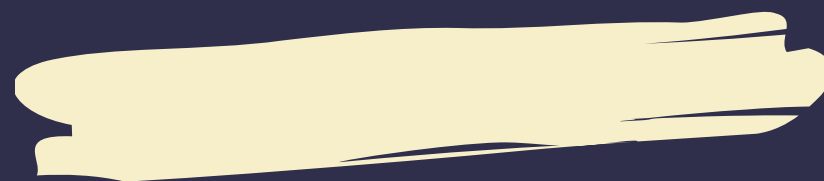




WHAT IS SOCIAL PRESCRIBING?

We know that taking care of your health involves more than just medicine. Social Prescribing can provide support for more than medical issues. Your local Social Prescriber will spend time with you exploring what matters to you and help you to identify activities and/or local support which could improve your health and wellbeing. You can consider the benefits of participating in them, and we will assist and support you to plan your next steps.



WHAT SUPPORT CAN I GET?

Your social prescriber can help you with a range of issues, including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Life changing events such as birth, retirement and bereavement
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions or
- Struggling with financial issues
- Accessing work, training or volunteering

Social prescribing is available for everyone. For more information, contact **Voluntary Action Angus** on **01307 466113**.

