



Social Prescribing

Large print leaflet.

Human connections are key to our wellbeing.



What we can help with.

Social Prescribing helps people find the people and places they need to be happier and healthier.

We listen and help you navigate local services that could support you.

Services to help you feel better:

- Groups, befriending and social activities.
- Housing, welfare benefits, financial support and advice.
- Employment, training and volunteering.
- Healthy lifestyle advice and physical activity.

How we can help you.

There are three ways to get in touch:

- 1. You can refer yourself by calling us on 01273 229382.**
- 2. Agencies can refer using our referral form, which can be found on our website or requested by email (socialprescribing@togetherco.org.uk).**
- 3. GPs and health professionals can refer using our referral form on their patient record system.**

When we receive your referral we will:

- 1. Introduce ourselves over the phone and talk about what we do.**
- 2. Spend time to understand what you're concerned about.**
- 3. Suggest a range of services and groups that could help, and support you to connect with them.**

The service is confidential and provided by fully-trained staff and volunteers. We get your permission before sharing any information with third parties like community services.

Who we can help.

We help residents of Brighton and Hove who are aged 18+ and experiencing any of the following:

- Feeling isolated and would like to socialise and meet new people.
- Struggling with benefits, housing or debt issues.
- Would like support with mild depression, anxiety or stress.
- Want to volunteer or return to work.
- Looking for support with mild learning disabilities.
- Caring for someone and would like some advice or support.
- Want support with healthy eating and physical activity.

What people say about Social Prescribing.

"I don't know how to explain how helpful it has been to speak to someone."

"It made me feel a lot better, I feel safer now I'm getting support."

"Knowing they were there gave me the confidence to give things a go."

"The service is very valuable, particularly for people on their own."

Contact us.

We are Together Co, a loneliness charity that's creating connections to change lives.

www.togetherco.org.uk

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