

Social Prescribing

Are you feeling stuck or isolated?

Social prescribing is accessible for anyone 18+.

We can help you to:

- Feel empowered to make changes in your life
- Gain tailored support to help improve your health and wellbeing in a non-judgemental manner
- Access short term interventions (up to six sessions)
- Help build a network of support

Talk to us today on: **0800 019 1310** to make a referral to Age UK West Sussex, Brighton & Hove's Social Prescribing team.

