

## What is it all about?

- Helping people who may be lonely and isolated from family and friends
- Signposting people to a range of activities and groups
- Helping people to take control of their own health and wellbeing

## Can you spare some time to:

- Befriend and build relationships
- Offer companionship
- Point people towards services and social events that they can benefit from and enjoy

# Social Prescription Service

If you are interested in using this service or becoming a volunteer please contact  
Angela Fyfe or Ros Coleman



**0330 400 4116**

