

Contact a **Social Prescribing Team Member** at
BPRCVS

01282 433740 or email
connectors@bprcvsv.co.uk

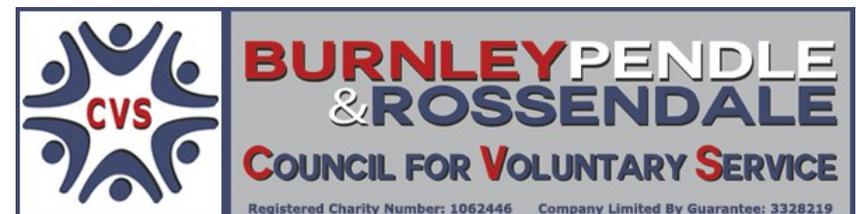
For more information about the
Social Prescribing Team visit **www.bprcvsv.co.uk**

**Referral forms & more information is available on
the website**



**East Lancashire
Clinical Commissioning Group**

**Support
from
Your
Community
in
your
community**



IMPROVE YOUR HEALTH & WELLBEING BY CONNECTING WITH YOUR COMMUNITY



Do you feel that you would benefit from some support to connect with your community?

We can help you to compliment your care by supporting you to connect with your local community.

This could include anything from physical activity, sit and chat social groups, education, counselling, complimentary therapies to where you can access specialist advice.

How will you be supported?



Accompany you to activities until you're confident to go it alone

Offer information about local activities and interest groups



Match you with a volunteer who will go along to activities

Give you information on local services including debt advice, benefits advice & financial support if you need it



Help you to find transport for appointments & activities



What are the Social Prescribing Team?



SP Team Members are volunteers from your community

SP Team Members are caring & compassionate people



SP Team Members will have a positive impact on your health & wellbeing

The SP Team is managed by your local CVS



Frequently asked questions

How can I access the service?

Refer yourself, family & friends can refer you, any organisation: GPs, community groups, etc can refer you into the service

How long can I expect to wait?

On average it takes 10 working days

How long can I receive support for?

No set time limits. Length of support is discussed with you & agreed with you

Is there a charge for the service?

No, it is 100% free of charge

Do the SP Team provide a counselling service?

No, although they can give you details on professional services to help you

Are SP Team Members medically trained?

No, they are purely there to connect you with community activities

Start Connecting!