



Swan Medical Group

Social Prescribers

COMMUNITY DROP-IN SESSIONS

Need some help or advice? Come to one of our drop-in sessions for a chat with our two Social Prescribers.

NO APPT NECESSARY

TUESDAYS

12:00 - to 2:30

at

**The Church Centre
Liphook
GU30 7DJ**

THURSDAYS

09:30 - to 12:30

at

**St Peters Church
Petersfield
GU32 3HS**

WHAT IS SOCIAL PRESCRIBING?

Social Prescribing connects people to organisations, groups and services that meet their practical, social and emotional needs.

Our team is passionate about supporting our patients, by taking a non-medical, holistic approach to improve their health and wellbeing.

We give you the time to let us know what matters to you.

We then help to connect you to relevant support.

WE CAN HELP YOU FIND SUPPORT WITH:

- Mental health
- Counselling and therapy options
- Diet, exercise and physical wellbeing
- Carer strain
- Dementia
- Coping with long-term health conditions
- Stress
- Loneliness and social isolation
- Financial or housing worries
- Food and warmth
- Family and parenting
- Abuse and coping with trauma
- Employment and volunteering

