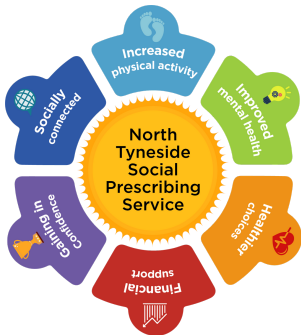


The Social Prescribing service works across North Tyneside and is made up of two teams: one working in the community and one based in GP practices.

Our aim is to support you to access local services based on **what matters to you**, for example getting involved in social or community activities, increasing fitness levels, improving mental or emotional health, or finding support with practical issues like housing or finances.



"I feel like I am finding me again"

"I never knew how much there was to do in my area"

"Keeping so busy has really lifted my mood"

Former Social Prescribing users

We recognise that many things affect your health and wellbeing. **Social Prescribing** aims to support you to have more control of your own health and manage your needs in a way that suits you.



What happens next?



One of our Link Workers will contact you to say hello and arrange an appointment that is convenient for you.

Your Link Worker will support you to identify what changes you would like to make.

We understand that trying something new can be daunting, so we can help you build up motivation and confidence to do **what matters to you**.



FIRST CONTACT CLINICAL
ENABLING HEALTHY BEHAVIOUR CHANGE

If you feel you would benefit from some support and are over the age of 18, you live or are registered with a GP in North Tyneside, then please contact us:

Phone: 0191 432 4829 **Email:** fcc.ntsps@nhs.net
www.firstcontactclinical.co.uk