

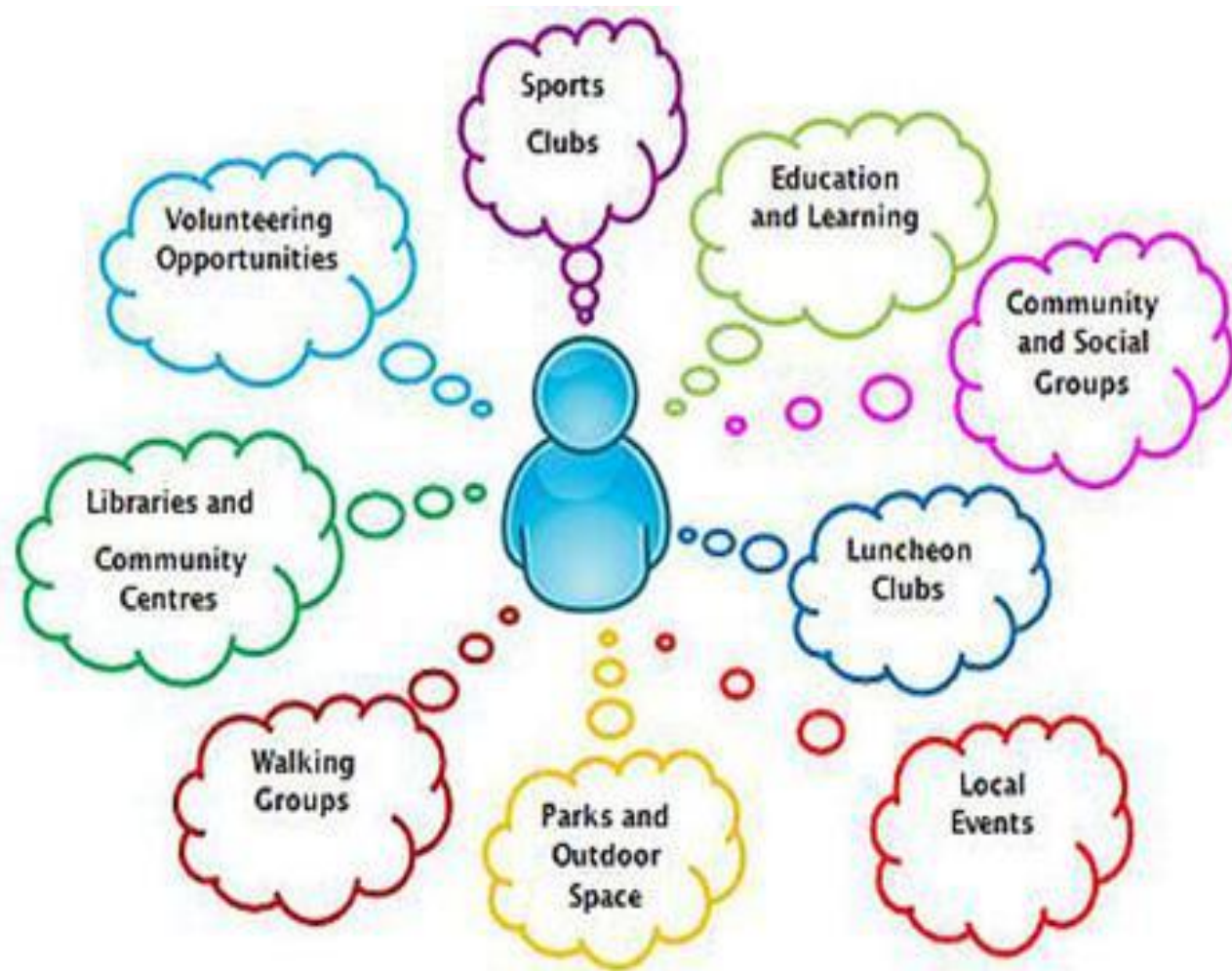
# Social Prescriber

Introducing Chanel Radford who is our Social Prescriber.

A Social Prescribing Link worker can refer you to a wide range of services that support you with social, emotional and physical needs.

These include:

- Stress management
- Healthy lifestyle
- Physical activities
- Socialising
- Benefits
- Housing
- Finance and Debt
- Employment
- Training and volunteering
- Mentoring
- Befriending group activities
- Well-being service
- Counselling
- Advice services
- and many more.



**This service is FREE and is available to anyone who is 18 and over.**



***Connecting you to your community to improve your Mental Health and Physical Wellbeing.***

**How do I access the service?**

It's simple, you can ask your GP, health care professional or surgery staff to be referred to the Social Prescriber. Our Link worker will then contact you and arrange either a telephone or face to face appointment to suit your needs. Feel free to discuss any questions with me and I will do my best to direct you to the right service.

**Working Hours:**

**Claremont Clinic: **Wednesday** 9am - 5pm**

**Friday 9am - 1pm**