



**Newcomers to
The North
Tyneside
Social
Prescribing
Service are
always welcome**

- Join our fun & friendly classes
- Experienced group leaders
- Take part in our Social Prescribing Research Project

**Social
Prescribing
is for men
and women
of any ability**



How to contact us

Our telephone number
0191 280 8484

Our email and web address
enquiries@socialprescribing.org.uk
www.socialprescribing.org.uk

Our opening hours
8.30am to 4.30pm Monday to Friday

The Social Prescribing Service, Bradbury Centre
13 Saville Street West, North Shields NE29 6QP

A Partnership Initiative



The North Tyneside Social Prescribing Service

*Your health & wellbeing
service for anyone over 18*

A Partnership Initiative



www.socialprescribing.org.uk



A Social Prescribing Service for GPs and other health professionals to refer their patients to.

Patients who would benefit from social and physical activities can be referred to sessions to boost their physical health, improve their mobility and enhance their emotional wellbeing, as well as other benefits as listed.

We also accept self-referrals

We invite you to join one of our activities by calling **0191 280 8484** or ask your GP or NHS health care professional to refer you into the Social Prescribing Programme.

Social Prescribing Service leaflets are available at GP Surgeries.



What does the Social Prescribing Service mean for you?

If you are 18 and over and would like to get fit, join in activities, be included in your community, find a new hobby and meet new people Social Prescribing could be the answer to your improved health and wellbeing.

Here are a few examples of activities available:

- Talking therapies
- Walking and Strolling
- Dancing
- Beauty therapy
- Yoga and Tai Chi
- Keep Fit Exercises
- Seated Exercises
- Strength & Balance
- Art
- Computer skills
- Counselling
- Basketball

and so much more ...

Some of the benefits include:

- Improved fitness
- Increased mobility
- Depleted levels of anxiety
- Managing depression
- Learning new skills
- Reduced isolation & loneliness
- Lasting friendships & acquaintances



Social Prescribing

Would you like to take part?

Anyone over 18 can join our programme of activities at any time of the year; being part of the research is optional. Social Prescribing partners are asking new customers if they would like to be involved in this research, which is designed to show the benefits and longer term effects of the initiative.

What's involved?

- Meeting face to face with a trained Coordinator.
- Completing a questionnaire with our support at a convenient time for you.

Completed questionnaires will help us to monitor how your life has changed by taking part in an activity of your choice.

Answers are treated in the strictest of confidence.

Results will help us improve & continue future activity.

Being part of Social Prescribing means you can contact a trained Coordinator for support, should you need to.