

# Are you ready?

**If you're ready to make changes to improve your wellbeing, then we can help.**

Our Social Prescribing Service can help by offering you a wide range of support, information and advice that best suits you and your lifestyle.

“There’s more to good health than getting a yearly check and taking medication”



Support groups



Healthy lifestyle



Housing issues

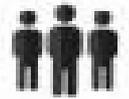


Volunteering

“Our GP’s can’t solve all your issues... But they might know someone who can help “



Caring for relatives



Meeting people



Employment



Advice & guidance



Local activities

“Let’s tackle your issues together”



Managing stress



Culture



Living with health conditions

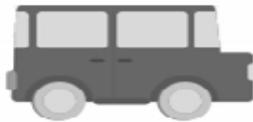


Alcohol and drugs



Money worries

Transportation / Mobility



**Looking for change? Then join the social movement**

**Make an appointment at Moulton Surgery (01604 644 126)**

to talk with our Social Prescribing Link Worker. Who will give you the extra time you need and help you identify services and activities that will help you to reach your health and wellbeing goals.

# Feedback From Patients

Whose health, wellbeing and lifestyles have improved by using our Social Prescribing Service

“Taz is absolutely wonderful and such a kind and caring person. I was so low when I first spoke to her but she gave a different perspective on my problems. She also went out of her way to find other organisations that could help where she couldn't. She really cares about her patients and believe me it really shows in her work. We need more people like her in the world let alone a GP surgery.”  
MJ



“Thank you for all your help Taz, I have been successful in getting my Blue Badge and Attendance Allowance.” CB

“Yes, Taz was very helpful during lockdown. She rang regularly to make sure myself and my husband were ok . The advice she gave me has helped and I managed to lose weight . My pain was under control with her advice before I had a bad fall . Definitely recommend her as a very helpful and easy person you can talk to and is non judgmental.” SW

“Taz is very professional and able to give advice and support that I'd not thought possible via the practice. It's great to try something that doesn't involve taking a pill or surgery. I've openly talked to others about my experience even though it's only been a few week under her consultation I've already noticed an improvement.” AH

“My time spent with Taz was really a life saver she helped me deal with a lot of issues (bereavement, money matters, returning to work) and without her I would not have been able to cope.” JF

Lonely? Isolated? Bereaved? Caring for someone? Living with health conditions? Mental health issues?  
Mobility problems? Overweight? Money worries? Housing issues? Unemployed? Inactive?

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