

Our Health Partnership Practices

Bartley Green Medical Centre
BG Health (Bunbury Road Surgery)
Bordesley Green Surgery
Bloomsbury Medical Centre
Church Road Surgery
College Road Surgery
Dove Medical Practice
Dovecote Surgery
Four Oaks Medical Centre
Granton Medical Practice
Greenridge Surgery
BG Health (Griffins Brook)
Hall Green Health centre
Handsworth Medical Practice
Harlequin Surgery
Iridium Medical Practice
Jiggins Lane Surgery
Kingsbury Road Surgery
Leach Heath Medical Centre

Ley Hill Surgery
Lordswood Medical Group
Millennium Medical Centre
Nechells Medical Practice
Oaks Medical Centre
Poolway Medical Centre
Reservoir Road Surgery
Ridgacre Medical Centre Small
Heath Medical Practice Sutton
Park Surgery
The Manor Practice
Tudor Practice Ashfurlong
Vesey Practice
Victoria Road Surgery
Wake Green Surgery
Woodgate Valley Health Centre
Wychall Lane Surgery
Yardley Wood Health Centre

“The Health and Wellbeing Partner is very knowledgeable and helpful, I am looking forward to seeing her again.”

“What I have had from you has been superb. I have really enjoyed talking to you. You’ve helped me to focus on things now. Thank you so much.”

For more information:

0121 663 0904 (and quote Social Prescribing)

info@healthexchange.org.uk

www.healthexchange.org.uk/services/social-prescribing

Or ask at your GP surgery



In partnership with

**health
exchange**

Our Health Partnership
OHIP A healthy future for patients and practices



Social Prescribing

Connecting you to local services to improve your physical and mental wellbeing



What is Social Prescribing?

At times we feel ‘unwell’, ‘out of sorts’ or ‘below par’ and a medical prescription is not the answer. What we are lacking is company, interests, or a change of scene to make us feel connected and motivated. Or perhaps we need counselling or more exercise to keep our bodies strong and our minds stimulated.

Our health and wellbeing starts with taking care of ourselves as best as we can.

Ask yourself:

- What do you need to help you feel more included?
- What could you do to feel happier in yourself?
- Do you want to make new friends?
- Are you aware of what is going on in your local area?
- Where are the exercise classes or social groups you could join?

That's where social prescribing comes in!

Our free Social Prescribing service can provide you with a personal **Health and Wellbeing Partner** who will help you identify one or more activities to improve your wellbeing and support you in starting it.

You are eligible if you are:

- Over the age of 16
- In need of some support, guidance and encouragement to improve your mental or physical health and wellbeing
- A patient at an Our Health Partnership GP Practice (see back page for list of surgeries).



How does it work?

One of our **Health and Wellbeing Partners** will meet with you to chat about your lifestyle and help you to identify activities that will benefit you and help you reach your goals. If you want to see the activities available to you in your local area, you can visit: www.healthexchange.org.uk/services/social-prescribing

What kind of activities are available to me through Social Prescribing?



Advice and Guidance



Physical Activity



Arts and crafts



Counselling

and much more...

Contact us for more information:

0121 663 0904 (and quote 'Social Prescribing')

Or ask at your GP Practice

Facebook: **Health Exchange CIC**

Twitter: **@HealthExUK**

