

Community Connect

Social Prescribing Service

We can help with.....

- Social isolation and loneliness - befriending and finding social groups
- Lifestyle changes to help with depression and anxiety
- Benefits, debt and money advice
- Supporting carers
- Learning new skills, volunteering and looking for work
- Motivational support with making healthier choices eg. exercise
- Linking in with Citizens Advice, Age UK, Dementia Oxfordshire, and other charities that can support you

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