



**CONNECT  
for health**

Being Well Together

# Are you worried about your health and finding life difficult?

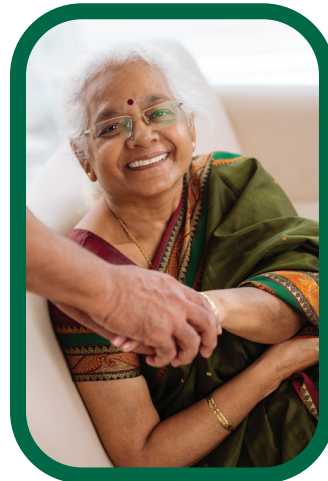


**Your doctor isn't the only person who can help you feel better. You can improve your health & wellbeing through social prescription.**

Social Prescribers can help you with a range of issues including:

- Social Isolation and loneliness
- Welfare benefits, housing issues and financial support
- Physical and emotional wellbeing
- Healthy lifestyle choices and much more

You can talk to your GP, social care and healthcare professionals for a referral or contact us directly using the contact information below.



**BSC Multicultural Services**  
Supporting over 50 nationalities

Call: 01473 429740

Email: [info@bscmulticulturalservices.org.uk](mailto:info@bscmulticulturalservices.org.uk)  
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