YOUR SOCIAL PRESCRIBING TEAM IN BURMANTOFTS, HAREHILLS & RICHMOND HILL

PATIENT AMBASSADORS



PRACTICES WE COVER:

York Street Surgery

Shakespeare Medical Centre **Chapeltown Family Surgery**

Newton Surgery

Ashton View Medical Centre

Bellbrooke Surgery East Park Medical Centre

Harehills Corner Surgery

Conway Medical Centre

Lincoln Green Practice

Roundhay Road Surgery Milan Street Surgery

WHO WE ARE?

We are a compassionate, nonjudgmental service based at your GP practice, who support your well-being through addressing your non-medical needs.

WHAT WE DO?

We spend time exploring what matters to you and connect you to the right services in your community and to groups at our Care Coordination Hub: The Shine, Harehills.

WHAT CAN WE SUPPORT WITH?

- · Employment and volunteering
- Money management
- Housing
- Low level mental health
- Benefit claims
- · Loneliness and isolation
- Refugee/Asylum seekers support
- Carers support
- Domestic violence

CONTACT US FOR REFERRALS AND MORE INFO:



07591 587027 / 0113 240 5080



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www.bhrprimarycarenetwork.co.uk





5 Ways to Wellbeing



There are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.





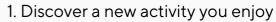
- 1. Reach out to friends & family
- 2. Take a walk with a friend
- 3. Join a group/club in the local community



1. Do something nice for a friend/stranger

2. Offer your help with a project

3. Volunteer in the local community



- 2. Take part in a challenge
- 3. Take the stairs, instead of the lift



- 1. Be present in the moment
- 2. Notice your own emotions
- 3. Focus on your breathing for a moment to help feel calmer



- 1. Learn a new recipe.
- 2. Sign up to a new class.
- 3. Learn new hobbies that challenge you

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