

NEED HELP OR SUPPORT?



JOIN YOUR LOCAL SOCIAL PRESCRIBERS COME TO OUR NEW TALKING CAFE



**DISCUSS WHAT MATTERS TO YOU,
SEE WHAT IS AVAILABLE IN THE COMMUNITY
AND MEET WITH OTHER LOCAL RESIDENTS**

**SOCIAL PRESCRIBING IS A FREE AND CONFIDENTIAL SERVICE
THAT CAN SUPPORT YOU TO FIND BETTER WAYS TO
MANAGE YOUR HEALTH AND WELLBEING**



**THE LIFESTYLE CENTRE
AMERSHAM HP6 5AH
EVERY THURSDAY 10AM - 12PM**

MID-CHILTERN.SOCIALPRESCRIBERS@NHS.NET