




Bracknell Social Prescribing



Bracknell Forest
Social Prescription
Programme



**Bracknell
Forest
Council**



Social prescribing is a way of linking people with **social**, **emotional** and **practical** needs to a range of local non-medical support provided in the community to improve their health, wellbeing and resilience

What is Social Prescribing? _____



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Debt and financial problems



Loneliness



Confidence and goal setting



Unhealthy lifestyles



Social Isolation

What is social prescribing trying to help?



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Improve
your well-
being

Keep you
independent

Build and
utilise
community
and voluntary
services

Access to
the right
care at the
right time

So what can social prescribing do
for us all? _____



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