

Your Wellbeing Bedfordshire



Community Referral (Social Prescribing)

Free support to help you make positive changes to improve your health and wellbeing.



Our supportive team can help you:

Connect with your local community

Enable you to be more physically active and improve your mental wellbeing, helping you stay well

Empower you to make decisions to support your health and wellbeing

**You can be referred to the Social Prescribing Service
by visiting our website (preferred):**

www.ywb.org.uk

Or calling us on 01234 838771



BEDFORD
BOROUGH COUNCIL



Is Social Prescribing right for me?

Do you want to make a positive change in your life?
Social Prescribing supports you to access services and activities.

What does the service provide?

A Community Wellbeing Champion will work with you to create a personalised support plan. Helping you connect with services and organisations for practical support including debt, housing and carer support in your community.

Am I eligible?

This free service is available to adults (18+) who are ready to make a change in their lives to improve their health and wellbeing.

How does it work?

Once we have received your referral a Community Wellbeing Champion will contact you to discuss your enquiry further.

