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Services provided by

**Social Prescribing service**
Social Prescribing is a service provided at your GP surgery by ***Worcestershire Association of Carers.*** This service is to help people with life’s challenges. The Social Prescribers give time, compassion and a safe space to find out what really matters to you.

Social Prescribers can support with:

* Life changes
* Coping with long term health conditions
* Housing problems
* Financial Problems
* Wellbeing
* Mental Health

For a referral please speak to your Surgery . (Patient)
To refer please fill out the EMIS form and send to rbccg.rbsocial@nhs.net (GP)

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**Lifestyle Advising service**The Lifestyle Advisor service provided at your GP surgery is here to provide help and support to maintain a healthy and active lifestyle. Run by ***Worcestershire Association of Carers***, the service aims to empower and support with:

* Healthy eating
* Reducing alcohol consumption
* Stopping Smoking
* Exercise
* Wellbeing

For a referral please speak to your Surgery (Patient)
To refer please fill out the EMIS form & send to rbccg.rbsocial@nhs.net (GP)