

How do I access the service?

If you are 18+ and registered with a GP practice in Cherwell or West Oxfordshire, just ask at your GP practice for a referral to Social Prescribing or you can refer yourself using the contact details below:



0300 004 04 01



community.connect@nhs.net



www.canosn.org.uk



Community Connect

What happens next?

Once we receive your referral, we will:

- Call you for an initial phone conversation
- Listen and take time to understand the issues you are facing
- Discuss your goals and suggest a variety of local services and groups that might help - often free of charge
- Support you to access the services and feel confident going forwards

Medication isn't
the only way to
feel better....

Social Prescribing Service for
Cherwell and West
Oxfordshire

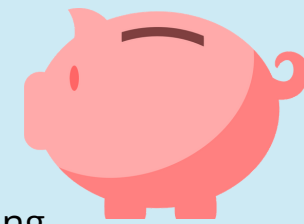
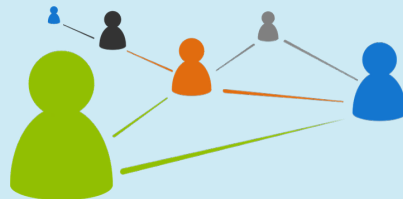
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The Community Connect team can help you to improve your health and wellbeing by linking you to community services and groups that you'll enjoy, and supporting you to join in.

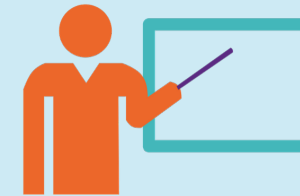
It all starts with a conversation.

The service is free of charge and we can work with you for up to three months to help you achieve your goals.

Connect to befriending schemes or meet new people by joining in with local groups like art classes or gardening



Get advice about entitlement to benefits, money management and what to do about debt



how can we help you?

Become more active and develop a healthier lifestyle, which can help manage long term health conditions



Gain training to help build confidence and skills, or move into work and volunteering



"Thank you for your help and support - I feel that I am now on the right track to help sort my life out. You have given me the life skills I need to do it." - Anne

