

Social Prescribing Team



Supporting you to better understand and
manage your own physical and mental wellbeing

18 yrs or over?

Do you...

**Want support to change your health?
Want to feel more in control of your health?**

We are...

**City Wide
Flexible
Person centred
Outcome focused
Non-medical**

For more information, contact us on:

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Text: 07587033048

Fax: 0191 226 0802

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"Better Health, Fairer Health" PATRON: Professor Sir Michael Marmot

We can support you to...

