

When life throws those difficult problems we can help you through them.



→ What is Social Prescribing?

A lot of things affect our health and wellbeing and our GP's work very hard to look after our physical and mental health.

However, sometimes there are other issues that are difficult to deal with that cannot be solved by medication or medical treatments.

Social Prescribing is here to support you with these problems. We give you time, compassion and a safe space to find out what really matters to you.

“I don't normally let things like this get to me, but it just feels so good to share my problems with someone else. It almost makes them more manageable.”



→ How can the Social Prescriber help me?

Social Prescribing helps different people in different ways, as it is a very personalised process.

We are experienced in identifying the areas of support you may need and signposting you to local services who can help.

However, it always starts with a conversation about what is important to you.

We can support you with a range of issues including:

- **Loneliness**
- **Life changes (such as birth, bereavement etc..)**
- **Coping with long term health conditions**
- **Housing**
- **Accessing work, training & volunteering**
- **Financial management**
- **Loss of confidence**
- **Mental health & wellbeing**

Telephone: **01905 751 345**

Polysec House,
Blackpole Trading Estate West,
Hindlip Lane, Worcester, WR3 8TJ.
Helpline: **0300 012 4272**



→ How does the service work?

We will book an appointment for you with one of our Social Prescribing Link Workers. These appointments can be face-to-face or over the phone.

→ Am I eligible for this service?

You are eligible for this service if:

- You are over the age of 18.
- You need some support and encouragement to improve your physical or mental health and wellbeing.
- You are a patient at a Redditch or Wythall GP Surgery.

→ How do I access this service?

Simply speak to the staff at your GP surgery or you can self-refer here



We also accept self-referrals via our drop in days: Come and meet us every Wednesday at The Old Needleworks, Britten St, Redditch B97 6HD between 9-12pm for a chat to see if a social prescriber could help you.



“You really have made a difference to my day, and I couldn’t praise you enough to the GP!”

→ GP Surgeries that can refer you

Redditch GP Surgeries:

- Winyates Medical Centre
- The Medical Centre Crabbs Cross
- Crabbs Cross Surgery
- The Ridgeway Surgery

Wythall GP Surgeries:

- Hollyoaks Medical centre
- Hollywood Medical Practice



SCAN QR CODE : to access our Carers & Communities Facebook for updates and community information about the Social Prescribing Service in Redditch.



Carers & Communities
Navigating Life's Journeys

Telephone: **01905 751 345**
Polysec House,
Blackpole Trading Estate West,
Hindlip Lane, Worcester, WR3 8TJ.
Helpline: **0300 012 4272**



*Carers & Communities is a working name of Worcestershire Association of Carers. Registered Charity No. 1071850. Registered Company No. 03485330. 12/2025.