

# SOMETIMES THE BEST MEDICINE IS A...



Craft

Socialise

Hobbies

Yoga

Gardening

Singing

Be Active

Friendship

Swimming

Dancing

**Making small changes can  
significantly benefit your wellbeing**

**Live Well Slough is a free and confidential service  
supporting you to improve your wellbeing by  
accessing a Social Prescription**

Project delivered by:



## So, how can a social prescription help you?

- ✓ A support network to other people facing similar issues such as mental health, loneliness and long term health conditions
- ✓ A listening ear who is able to advocate for you
- ✓ Advice on housing / debt / legal issues
- ✓ A range of social, physical, art and creativity activities
- ✓ New skills and volunteering

## What are the benefits?

- Learn a new skill ✓
- Improve your physical mobility and independence ✓
- Meet new people ✓
- Increased self-confidence and self-esteem ✓
- Improve your mental health ✓
- Participate in a new activity ✓

**Talk to your GP or healthcare professional today to request a Social Prescription**