



## Who are we?

At Voluntary Centre Services we provide information, advice, training and other support to community groups.

We offer appointments and support for people referred for Social Prescribing.

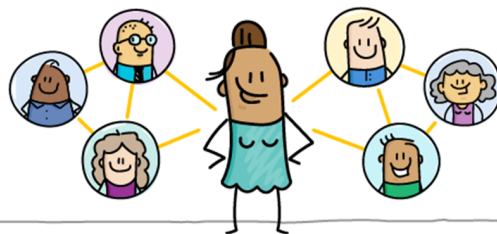
We keep up to date with what is happening in the local area, so we know which services might be helpful for you to contact through Social Prescribing

We keep a database of community groups looking for volunteers. If you are thinking about volunteering, we can help you find what you might want to do and pass on your details to groups you are interested in.

We are involved with Neighbourhood Working, a group of organisations encouraging the local population to take an active role in their health and well being, to ensure the support we offer is suitable and tailored to you.



## Contact us



## Social Prescribing Lincolnshire

Referrals: <https://lvet.co.uk/social-prescribing>



[www.voluntarycentreservices.org.uk](http://www.voluntarycentreservices.org.uk)

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## Connecting People for Wellbeing

*Connecting you to your community*



*Helping everyone to make a difference*



# Social Prescribing

Social Prescribing is about enabling people to become more involved in community life, to improve their health and well being.



Every local area has a range of social activities on offer and services to help people. There is something for everyone.

Social Prescribing is person-centred; each individual person and their circumstances are the focus of discussions and their personal choices take priority.



# How we help

We can discuss how your health and well being could benefit from you getting more involved in your community and what there is on offer in the local area.

Sometimes it is hard to start something new. The friendly support we offer can help you get in contact with groups and services and get started with them.

We can help you to sort out any problems or worries, to make sure you have a good experience that helps you feel better.



Contact us directly or ask your GP, support worker, Job Centre advisor or other professional to make a referral.



An Advisor will contact you to find out what help is needed.



You will be offered an appointment with the Link Worker (telephone or face-to-face).



At your appointment, we will discuss circumstances and needs and make plans with the Link Worker.



We will support you to get started with local services and groups.



We will contact you to see how you are getting on after a few months.