

**citizens
advice**

**Arun &
Chichester**

Social Prescribing is here!

Our team of Community Referrers are now working in the REAL district (Rustington, East Preston, Angmering and Littlehampton).

Linking people to local support to improve health and wellbeing.

Our service is free, confidential, impartial and independent and for anyone aged 18+.



What are the benefits?

- Improve your mental and physical health
- Support for health and lifestyle changes
- Meet new people
- Improve self-esteem and confidence
- Better quality of life
- Become involved in your community
- Learn a new skill or participate in a new activity

What support can I get?

- Help with issues such as housing, benefits, finances
- Combat loneliness
- Manage long term health conditions
- Connect with the community
- Access specialist services

Step 1 – ask a medical professional at your GP surgery to be referred to our service.

Step 2 – we contact you to arrange an appointment at a convenient time and location for you.

Step 3 – we support you in creating a plan to improve your wellbeing, focusing on what's important to you and support you to achieve those goals.

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