



Lonely?

Isolated?

Tick at least one:

Long term health condition?

Mental health difficulties?

Carer?

Title, Forename, Surname & Address
Healthy Valleys

Lockhart Community Hub,
Lockhart Hospital,
Whitelees Road, Lanark, ML11 7RX

Tel: 01555 662496

Number of days' treatment

Ongoing

Endorsements

SOCIAL Prescription

Whilst medical interventions are often needed to treat specific health problems, having strong **support networks**, coping and self **management** skills and an active **social life** also contribute to positive health and wellbeing.

That's where Healthy Valleys' Community Health Matters project steps in. We help you connect with the support you need in the local community. You will meet new people, learn new things, improve confidence and self esteem and so be better able to manage your health and wellbeing, meaning you live well for longer.

We offer 1:1, group and peer activity as well as stress management, therapies, CBT, social activities and health and wellbeing programmes.

Signature of Prescriber

Healthy Valleys

Date

Summer 2017

Interested?

Call Wendy on 01555 662496

wendy@healthyvalleys.org.uk

Mobile: 07859 062 831

www.facebook.com/HealthyValleys



Community Health Matters

More than medicine...