



MY SOCIAL PRESCRIPTION

Do you want to feel **healthier**, **happier** and more **involved** in your community?

My Social Prescription is a phone, face-to-face and online service that can help you:

- Meet new people
- Find local self help groups
- Find clubs and befriending agencies
- Share your skills with others
- Receive support
- Become a volunteer

L and M's Story:

Mother and daughter, L and M, accessed the My Social Prescription Scheme online. M contacted CCVS when her mother was diagnosed with a health condition that affected her ability to travel alone and live independently. M lived abroad and wanted to make sure that her mother was safe and supported by people locally.

The team found volunteers in the Time Bank, local groups, such as Age UK, and transportation to help her to live healthily and happily and her daughter was reassured.

Call **0800 7311 655** • Email misp@ccvs.org
Visit essexconnects.org.uk



My Social Prescription is coordinated by Colchester Community Voluntary Services
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