



SOCIAL PRESCRIBING SERVICES



THURSDAY DROP IN
10 AM TO 2PM



**CREART COMMUNITY 3 CASTLE
STREET DY1 1LA**



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what is social prescribing ?

Social prescribing is a healthcare approach that involves referring patients to non-medical activities and services in the community to improve their overall health and well-being. This can include activities such as exercise classes, art therapy, volunteering, gardening, and support groups. The goal is to address the underlying social, emotional, and practical needs of patients that may be impacting their health, rather than just treating their physical symptoms with medication.

**self referral via
creheartcic@gmail.com
contact - 07561702464**