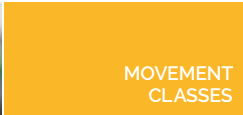


# Social Prescribing Scheme

*"The group is friendly and fun and helps me to breathe better."*



## Taster activities include:



*"If I wasn't here singing I'd be at home by myself..."*



**Social prescribing** is a way of linking patients with sources of support within the community. It provides health professionals with a **non-medical** referral option that can operate alongside existing treatments to improve health and wellbeing.



If you would like to join a similar group, ask at your GP practice about the social prescribing scheme.

You could be prescribed an activity as your treatment!



**Cherwell**  
DISTRICT COUNCIL  
NORTH OXFORDSHIRE