



**Cumberland
Council**



Social Prescribing

What is Social Prescribing?

Enhancing your health and wellbeing by linking you to groups and activities in your community.

Social Prescribing aims to help you improve your health and wellbeing in a nonmedical way. We can connect you with community groups and social activities that are enjoyable, useful and relevant to you.

How could this improve my health?

We know that being active, engaging with others, learning something new and getting involved in the world around you will improve your health and wellbeing.

Who can we help?

Anyone over 18 who lives in what was previously known as the Copeland and Allerdale area.

What sort of services could I be directed to?

- Help using digital technology
- Housing and homelessness
- Social and creative activities
- Help with mild depression and anxiety
- Training and volunteering opportunities
- Activities around health and keeping physically active
- Advice on managing finances
- Befriending or support groups
- Advice on benefits

How does it work?

If you need help with any of the services listed above, please visit services.thejoyapp.com to self refer or scan the QR code to refer yourself to our social prescribing community connectors. You can also email us on social.prescribing@cumberland.gov.uk

Find out more at cumberland.gov.uk

