

Visit www.springnorthamptonshire.org
to make a referral for yourself or someone else.



Sometimes our health and well being isn't where we would like it to be and that's ok. But if you would like to work with a Social Prescriber to take back control, to make sure you are listened to and overcome the barriers that stand between you and the future you want, we'd love to support you. Our social prescribers will take the time to get to know you, finding out what matters to you, the changes you would like to make, and help you make a plan of how to get there.



Lifestyle



Looking after
yourself



Managing
symptoms



Work, volunteering,
and other activities



Money



Where you live



Family and friends



Feeling positive



Who is this for?

Open to adults living in Northamptonshire who have at least one long term health condition and would like to improve their health and well being.

How do I get involved?

You can ask your GP to refer you, or refer yourself. Just scan our QR code. Referrals can also be made via our website
<https://www.springnorthamptonshire.org>

Spring, helping you to choose well, stay well and live well.