

# Are you feeling stuck?

## Need some help deciding what to do?

The **Malvern Social Prescribing Team** offers free, friendly support to help you talk about what's going on in your life and what matters to you. Together, we can make sense of the issues you're facing, explore options and find practical next steps.

We can also connect you with **local advice, support, groups and activities** that may help you feel happier and healthier.



## You don't have to figure everything out on your own

Life can sometimes feel complicated. You might be dealing with several challenges at once and it can be hard to know where to start.

### A Social Prescriber can take time to listen and help you explore practical next steps that work for you.

People often come to us for support with things like:

- Feeling stressed, low or overwhelmed
- Loneliness or wanting to meet new people
- Finding hobbies, groups or activities locally
- Improving wellbeing or becoming more active
- Practical worries like money, work or housing
- Working out what support might help



**citizens  
advice**

**South  
Worcestershire**

# What does a Social Prescriber do?

Many people find it helpful to talk things through with someone outside their usual circle. A Social Prescriber will:

- Take time to **listen to what's going on in your life**
- Help you **untangle challenges and identify priorities**
  - Support you to **work out practical next steps**
- Connect you with **local advice, services, groups and activities**

Our approach is to **work alongside you**, helping you build confidence and find solutions that work for you. We won't rush you, and support is usually available for up to around six months if needed.

## What people say about our help

You were so kind to me and I felt you really cared

It helps you to believe in yourself, and when you believe in yourself you can get things done and feel happy again

I am starting to feel part of Malvern now

## How to get in touch with us

- Self refer by using this QR code
- email [worcscab.socialprescribing@nhs.net](mailto:worcscab.socialprescribing@nhs.net)
- visit our website: [citizensadvice.org.uk](http://citizensadvice.org.uk)
- you can also ask your GP surgery to refer you



Eligibility: adults aged 18 or over and registered with a Malvern GP surgery

**Citizens Advice South Worcestershire**  
52 Prospect Close Malvern WR14 2FD  
Registered Charity Number 1146772

We are

**citizens  
advice**

The people's champion.