




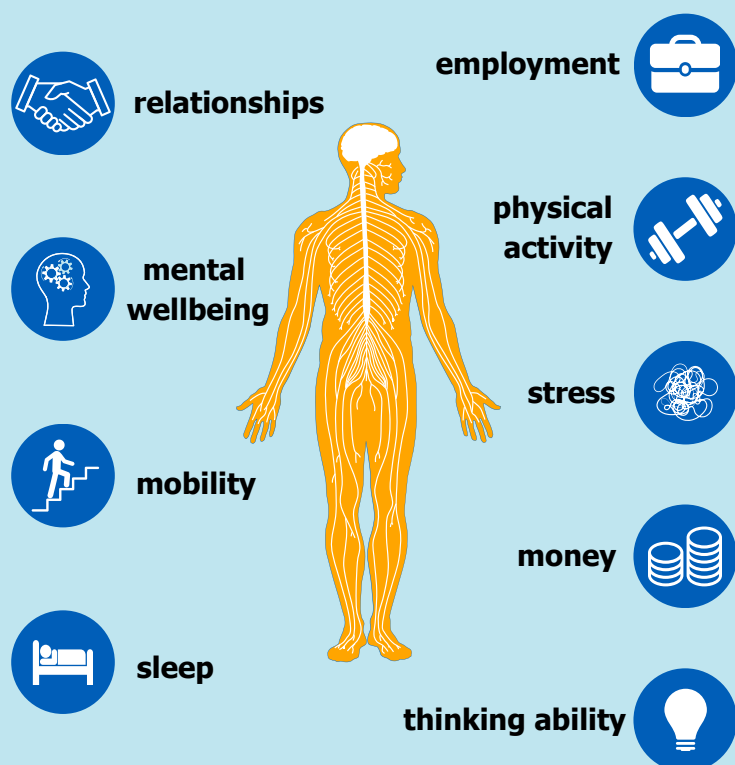
Does living with persistent (chronic) pain impact your health and wellbeing?

Are you based in South East London and feel any of the following:

-  isolated or lonely?
-  you want support with every aspect of wellbeing?
-  you want support with navigating the daily challenges of living with pain?

We understand...

Persistent (chronic) pain can affect every aspect of health and well-being. Social prescribing link workers work with people aged 18+ years living with long term conditions. They work with you to find out what areas of your life you need support with.



What can social prescribing link workers help with?

-  finding an activity, club or group
-  support around a disability
-  staying independent
-  support with housing, debt, benefits and employment
-  stress, worries and low mood
-  healthy eating and lifestyle advice

You can get in touch with a social prescribing link worker by speaking to a member of staff at your GP practice.

Scan this QR code or click [this link](#) to find out about support available in your area:

