

# Improve your health and wellbeing through activities and services in your community.

SOCIAL PRESCRIBING IN KNOX

## Ask yourself:



What do you need to help you feel more **included**?



What could you do to feel **happier** in yourself?



Do you want to make **new friends**?



Are you aware of what is going on in your **local area**?



Where are the **exercise** classes or **social** groups you could join?



**Our free social prescribing service enables a doctor, nurse or other healthcare professional to refer you to a Community Connector volunteer to help you identify one or more activities to improve your wellbeing and support you in getting started.**

It doesn't replace the medical role your health professional plays but is an additional service.

Once referred the volunteer community connector will contact you by telephone to discuss the referral with you. This will usually be between 5-7 working days. They may invite you to meet with them in a public place.

Together you will be able to:

- ✔ Explore what is important for your wellbeing
- ✔ Identify the local activities and services you can benefit from
- ✔ Gain support and encouragement to start using services that can help you

You are eligible if you are:

- ✔ Aged 60 years and over
- ✔ Living in or near the City of Knox
- ✔ In need of support to find and access community activities

## The next steps

**Just ask your health professional to make a referral – show them this brochure.**

If you'd like, you can contact us directly:

- ☎ 0457 646 384
- ✉ [livingourbestlifeproject@gmail.com](mailto:livingourbestlifeproject@gmail.com)
- 📍 Check out the directory [knoxlearningalliance.org.au/directory](http://knoxlearningalliance.org.au/directory)

*The Living our Best Life project is a partnership between the CHAOS Network, the neighbourhood houses of Knox and the Temple Society. It is funded by the Wicking Trust via Equity Trustees.*

