

**Macmillan Social Prescribing** Helping you to improve your wellbeing and access services and activities in your local area.

**The Macmillan Social Prescribing Service is available to cancer patients or family members/carers of someone with cancer or at heightened risk of developing cancer (aged 18+ years) and living in Kingston upon Thames**

**It supports you to:**

* explore and define what is important for your wellbeing • identify and access the local activities and resources you need

**Local activities include:**

* health and wellbeing programmes

(e.g. walking groups, meditation groups)

* work and volunteering advice

(e.g. local employment support projects)

* learning and social opportunities

(e.g. art classes and gardening groups)

* practical support

(e.g. debt, benefits and money management advice)

* support groups

(e.g. parent, carer and patient support groups)

**What support is provided?**

We can support you over the phone or with a series of face-to-face sessions to explore your needs and help you to move forward.

**You can ask to be referred by your GP, health professional, community service or you can call and arrange your first appointment.**

**The Macmillan Social Prescribing**

**07795 334 941**

**kingston.socialprescribing@nhs.net**

**Service is provided by Macmillan**

**Cancer Support, Kingston CCG, Kingston Public Health, and Kingston Council.**

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