SCAN THE QR CODES WITH A SMARTPHONE CAMERA TO FIND OUT MORE

NOT A HEALTH PROBLEM? WHO CAN HELP...

SOCIAL PRESCRIBING IN BARKING AND DAGENHAM

THERE ARE MANY SERVICES IN THE COMMUNITY THAT CAN OFFER FREE ADVICE AND SUPPORT INSTEAD OF VISITING THE GP



FINANCES BUDGETING



FOOD BANKS - ask your GP or healthcare professional for a referral to your local foodbank.



MENTAL HEALTH

Your mental health is just as important as your physical health.

Ask your GP to refer you to specialist services. You can also self-refer, or refer a family member for an initial assessment, to see if you are eligible for specialist help at:

email : bdaa@nelft.nhs.uk telephone: 0300 300 1570 - Option 3

HOUSING

The Cosy Homes Scheme You could be entitled to free heating upgrades in your home.

Find out if you're eligible

here:



Housing Service Advice

To make an appointment about receiving help with your living situation:

> call: 020 872 48323

email: housingadviceservice @lbbd.gov.uk

HEALTHY EATING & EXERCISE

The **NHS Choices - Fitness Studio** website has helpful exercise videos.

Free & fun exercise classes in Barking & Dagenham can be found at:





You can register for

FINDING A JOB

Job Shop is a free online service to help you find a job. It provides advice and guidance via 1-1 consultations.

You can search for current council job vacancies here:



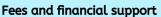


ADULT EDUCATION

The Barking and Dagenham Adult College

https://adultcollege.lbbd.gov.uk/ The Adult College offers a wide range of courses, giving you the opportunity to develop new skills and confidence.





The tuitions fees are one of the lowest in London or you may be entitled to a free qualification course.



IF YOU THINK ANY OF THESE SERVICES WOULD BE OF HELP TO YOU OR YOU WOULD LIKE TO KNOW MORE, ASK YOU GP (OR ANY HEALTHCARE PROFESSIONAL) ABOUT BEING REFERRED TO A **SOCIAL PRESCRIBING LINK WORKER** WHO CAN HELP DIRECT YOU FURTHER