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

DEBT

BUDGETING

BENEFITS

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

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:

Find apprenticeships here:

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 **The Eat Healthier Programme**:

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.

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

Find out more about financial support here

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