



bromley by bow centre

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**LIVING  
WELL**

**WITH OR BEYOND  
CANCER**

## **Health and wellbeing service**

The Macmillan Social Prescribing Service can help you to improve your wellbeing and access services and activities in your local area.

# The Macmillan Social Prescribing Service is available to residents of Tower Hamlets, City and Hackney, Newham and Waltham Forest

## 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?

Support can be provided by telephone or with a series of face-to-face sessions to explore your needs and support you to move forward.

**Ask your nurse or doctor to make a referral to the Macmillan Social Prescribing Service or call the service to arrange your first appointment.**



**07983 290 940**

**020 8709 9736**



**[socialprescribing.cancer@nhs.net](mailto:socialprescribing.cancer@nhs.net)**

**[www.bbbc.org.uk](http://www.bbbc.org.uk)**

**The Macmillan Social Prescribing Service is provided by Macmillan Cancer Support and the Bromley by Bow Centre, an organisation with 30 years' experience supporting people to improve their health and wellbeing.**