

Wellbeing Support

(Social Prescribing)



Forest of Dean
— DISTRICT COUNCIL —

With FoD Primary Care Network

Our Social Prescribers support children and families to **access activities, services and information** that can help to **improve wellbeing**. We use a coaching approach to have supportive conversations, signpost to our directory of local activities and help remove barriers to trying a new hobby. We signpost/support parents if there are other stresses going on e.g. finances, housing etc.

We offer face-to-face meetings in school hours and phone/video support outside hours.



Eligibility: age 5+ and registered with a Forest of Dean GP

Any staff member can refer to our team, with consent from the child and a parent.

Referral forms can be found here:
<https://g-care.glos.nhs.uk/referral-forms/191>

For more information, please call Julia or Freyja at the
Community Wellbeing Service: 01594 812447

Or email julia.woodruff@fdean.gov.uk or freyja.sears@fdean.gov.uk

www.fdean.gov.uk/communities-health-and-leisure/community-health-and-wellbeing/community-wellbeing-service/