Looking after your health and wellbeing can be hard sometimes. We can help.

Do you need some advice, encouragement or help to be more active, improve your lifestyle or resolve problems affecting your health?

The NHS now offers 'social prescribing' which means support around your non-medical needs. Involve is a local charity commissioned to provide this in your area.

We can help with:

- Talking through worries, understanding your needs and setting a plan
- Linking you to community services to support your health and well-being goals, at your pace
- Access to hundreds of groups, digital services, organisations and tools tailored to your age, interests and health concerns
- Support with feeling low, anxious or unmotivated
- Advice and guidance to tackle problems like, housing, debt, unemployment
- Connecting you with others including local groups and social networks

Please leave a message with your details and we will call you back

Text or call 07414 827919

www.involvekent.org.uk

e: wk.connectwell@nhs.net

involve

Charity no: 1066911