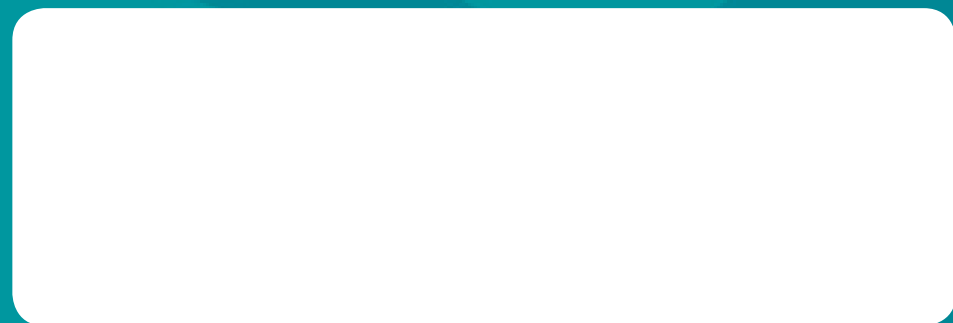


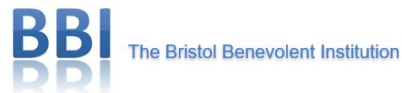
The Next Steps

- Ask your GP, nurse or practice reception team to refer you to a Community Webs link worker. Or you can self-refer by phoning our link workers.
- An appointment will be made with one of our link workers. During the first meeting, you can discuss and share issues and concerns you wish to resolve.
- Together we can find ways to access services, resources and groups in BS3 and beyond. This may include further sessions or practical help to attend groups or activities.



Community Webs

Social Prescribing



BS3 Community Development, Bealey Road, Southville, Bristol, BS3 1GG
info@bs3community.org.uk www.bs3community.org.uk 0117 9231039
Registered charity no. 1000544

What is Community Webs?

It is a **FREE** service providing patients with access to support, activities, groups and much more within the BS3 community and beyond.

How does Community Webs work?

When you have been referred to one of our link workers for a first appointment, together you will be able to:

- Explore what is important for your health and wellbeing.
- Identify the local activities and services you can benefit from.
- Gain support and encouragement to start using services that can help you.



How Community Webs help?

We can link you with many services within Bedminster, Southville and surrounding areas. These may include:

- Arts, gardening and creative activities.
- Physical activities and healthy eating.
- Housing, benefits and financial support and advice.
- Employment, training and volunteering.
- Education and learning.
- Befriending, counselling and other support groups.

We provide one-to-one sessions to help address any underlying concerns you may have and practical support to enable you to attend local activities in BS3 and the surrounding area.



**Remember: Yesterday you said tomorrow...
So turn to the back of this leaflet to find out how to
take that first step forward!**