

GREEN

Social Prescribing





Personalised Care

WHAT IS SOCIAL PRESCRIBING?

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.

That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor. Or with another person in the practice team. They will refer you to a social prescribing link worker.

The link worker is there to listen to you, and put you in touch with the people and activities that might help you to feel better.



Your link worker might introduce you to a community group, a new activity or a local club. Or they might help you find legal advice or debt counselling. They might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are. They could even support you to create something new such as a gardening club, a fishing group, a 'men's shed' or knit and knatter group.

Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Studies show that people get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more – including here in this area.

For more information about social prescribing visit www.england.nhs.uk/personalisedcare/social-prescribing/



New Milton Wellbeing Walk - Monday mornings arriving at 10.20am for a 10.30am start.
Ballard Lake.

Walk Leader – Terry Antell: terenceantell@btinternet.com

Barton On Sea Wellbeing Walk - Every Tuesday starting at 10:30. Golf course end of the cliff top.
walk leader: John Best - 01202 477205 or jagbest@ntlworld.com



Every Saturday at 9am...around the UK (and elsewhere in the world)

Adult runs – 5km...between 15 mins to 1 hour

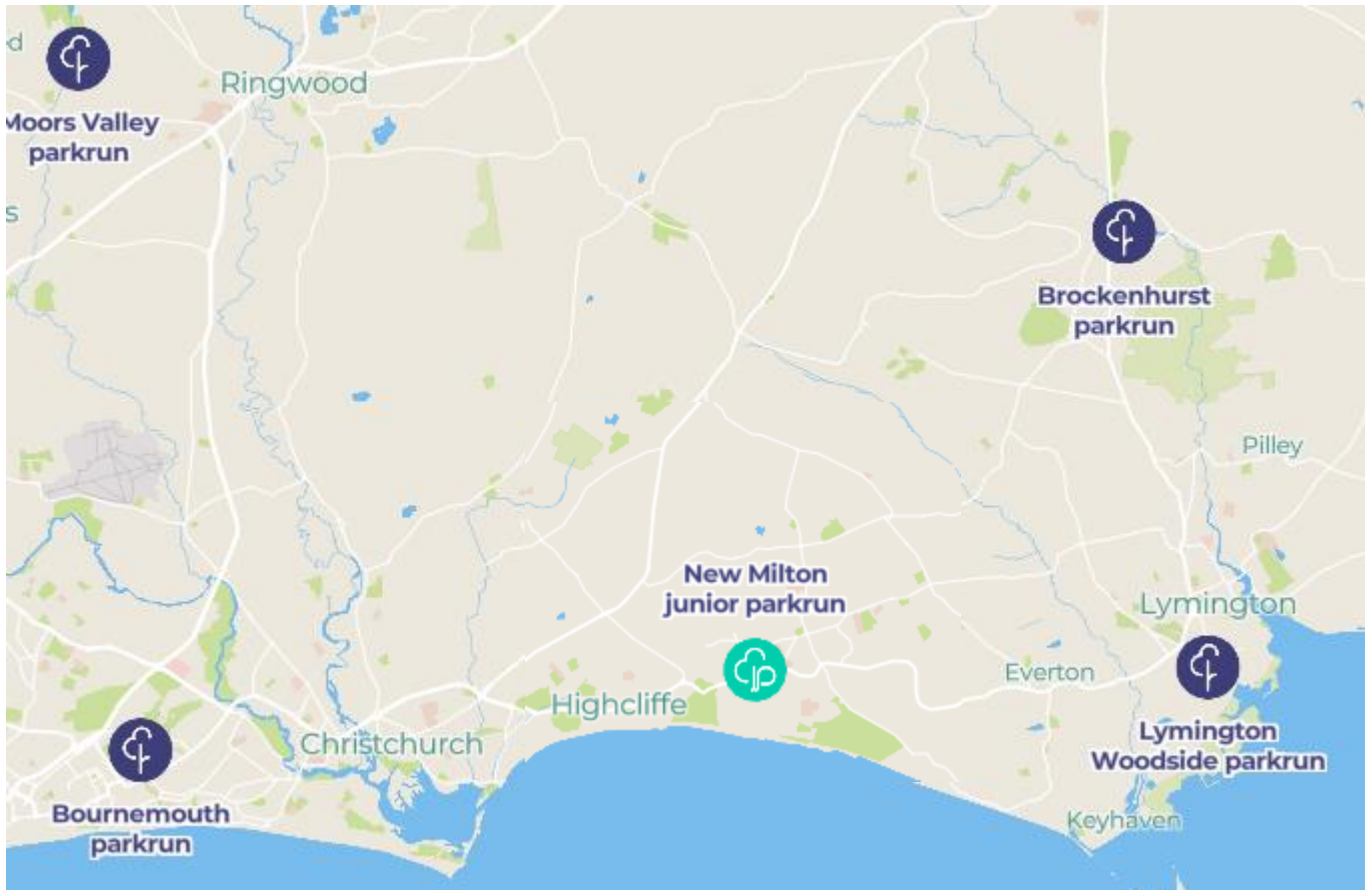
Junior runs – 2km...about 10 to 20 mins

Free, community event.

Good for mental, social, physical health...

Sense of purpose.

Sense of achievement





Sea swimming is 'amazing' for mental health and menopause



Milford



Milford, Highcliffe...and many more



Cold therapy – Avon Beach.



Polar Bear Challenges

Winter swimming challenges for Polar Bears & Penguins.



Can You Help Us?

The Friends of Ballard Water Meadow offer a warm welcome to conservation volunteers (new and experienced), members and supporters at our regular working parties.

When?

Friday and Sunday 9.30am – 12.30pm.

Where?

We meet by the metal gate on Lake Grove Road.

Why?

To restore and conserve the meadow and woodland habitats.

All ages and abilities are welcome: all you need to wear are stout footwear, old clothes and sturdy gloves – all tools and equipment are provided. No experience is necessary.



forest arts



HAMPSHIRE CULTURAL TRUST

Culture on Call

Support us

Work for us

Volunteer



Login

0 item(s)



Box Office: 01425 612393

WHAT'S ON

ABOUT US



SOUNDS OF THE SEA: WELLNESS WALKS





NEW MILTON COMMUNITY GARDEN

By the community. For the community.







Sometime in 2023...
we hope!!



THE RAFT



Those that may benefit are:

-  Cancer and other critically ill patients
-  Post illness, recovery patients
-  Mental health patients with anxiety or depression
-  People suffering from low self-esteem or loneliness.....trauma or stress
-  Those seeking to develop more self-awareness
-  ...or those just looking to have a unique and fun experience.



Men's Shed New Milton

MEN'S ACTIVITY NETWORK

NEW MILTON MEN'S SHED

WHAT IS IT ALL ABOUT ?

MEETING NEW PEOPLE

SOLVING PROBLEMS TOGETHER

HAVING A LAUGH

HELPING BUILD OUR COMMUNITY

TAKING ON NEW CHALLENGES

WORKING FOR EACH OTHER

