

Prescription Plus

Prescription Plus is a way of linking people who visit their GP with support and activities within the local community. This non-medical support works alongside existing treatments to help them improve their physical and mental wellbeing.



The support is free or low cost and includes social groups, physical activities, counselling, information and advice around debt, housing and benefits, help with particular issues or conditions and more.

The Prescription Plus Community Support Co-ordinator will meet with the person who has been referred, and will support them to access the support they need.



**For more information contact: Tracy Olckers
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Community connections for a healthier me