

- We work with community groups, giving information, advice, training and other support.
- We offer appointments and support for people referred for Social Prescribing.
- We keep up-to-date with what is happening in the local area, so we know which services might be helpful for you to contact through Social Prescribing.
- We keep a database of community groups looking for volunteers. If you are thinking about volunteering, we can help you to find what you might want to do and pass your details onto groups you are interested in. They can then contact you to talk more about it with you and get you started if you want to.
- We are involved with neighbourhood Working, to ensure the support we offer is suitable and tailored to you.



referrals@voluntarycentreservices.org.uk  
www.voluntarycentreservices.org.uk

**North Kesteven**

01529 308450

The Old Mart  
Church Lane  
Sleaford  
NG34 7DF

**Lincoln**

01522 551683

c/o City Hall  
Beaumont Fee  
Lincoln  
LN1 1DF

**West Lindsey**

01427 613470

c/o Guildhall  
Marshall's Yard  
Gainsborough  
DN21 2NA



Voluntary Centre Services



@VCSLincs



*Connecting you to your community*



## Connecting People for Wellbeing

*Helping everyone to make a difference*

If you require this information in a different format please get in touch.

Voluntary Centre Services is a service of Urban Challenge Ltd.  
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## What is social prescribing?

Social prescribing is about enabling people to become more involved in community life, to improve their health and well-being.

Every local area has a range of social activities on offer and services to help people. There is something for everyone.



Social Prescribing is person-centred; each individual person and their circumstances are the focus of discussions and their personal choices take priority.

## What we offer

You can access our services by contacting us directly (self-referral) or by asking your GP, support worker, Job Centre advisor or other professional to send a referral.

When we receive your referral:

An Advisor contacts you to find out what help is needed.

You will be offered an appointment with the Advisor (telephone or face-to-face)

At your appointment we will discuss circumstances and needs and make plans together with the Advisor.

We support you to get started with local services and groups.

We contact you to see how you are getting on after one month and then again after three months and six months, or as often as you need.

## How we help

We can discuss how your health and wellbeing could benefit from you getting more involved in your community and what there is on offer in the local area.

Sometimes it is hard to start something new. The friendly support we offer can help you get in contact with groups and services and get started with them.



We can help you to sort out any problems or worries, to make sure you have a good experience that helps you to feel better.