

What are the benefits of thrive.nel?

Some of the benefits could include:

- Improved fitness
- Getting out and about more
- Discover what's going on in your community
- Reduced anxiety levels
- Learning new skills
- Reduced isolation and loneliness
- Lasting friendships
- Reducing reliance on medication
- Overall better health and wellbeing

I had no idea so many things were going on in my local neighbourhood. My Link Worker helped me find them and take part.

It was such a relief to have someone to talk to that didn't judge and just wanted to help.

How do I find out more?

If you live in North East Lincolnshire and want to try a different prescription please ask your GP about making a referral to thrive.nel.

Or you can contact thrive.nel at Centre4 where one of our team will be happy to talk to you about how we can help.

thrive.nel are based at Centre4 and we are open from 9-5 Monday to Friday.

Call **01472 236675**

Email enquiries@thrivenel.co.uk

www.thrivenel.co.uk

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Centre4

Bridges
Fund Management

NHS
North East Lincolnshire
Clinical Commissioning Group

thrive.nel
a different prescription

**Your GP isn't the
only person who can help
you feel better**



**Improve your health and
wellbeing by trying a
different prescription**

Social Prescribing - a different approach

Many of life's everyday pressures such as money worries, being on your own or housing issues, can take their toll on your health and your ability to be good to yourself.

Social Prescribing can help you explore support available in your community that can help you make improvements to your overall health, wellbeing and independence.

If you are looking for a different way to improve your long-term health then thrive.nel could be the right prescription for you!

The extra help and support I am getting has made my future seem much brighter.

Advice and support at a tough time helped me understand what is really affecting my health.

What is thrive.nel?

thrive.nel is a new social prescribing service available to anyone living in North East Lincolnshire aged between 18 and 65, diagnosed with one or more of the following long-term health conditions:

- Asthma
- Atrial Fibrillation
- COPD
- Diabetes
- Hyper-tension (high blood pressure)

Working alongside your GP, a Link Worker can explore what's important to you and help you to identify local activities and services to connect with and benefit from.



How can thrive.nel help me?

thrive.nel can help in many ways. You might for example want to get a bit more active, learn new skills, eat more healthily, find or rediscover a hobby or simply get better connected with other people and your community. Your social prescription is personal to you and you will receive ongoing support for up to two years to help you meet your goals.

What activities and support does thrive.nel offer?

Here are a few examples of the kind of activities and support your Link Worker can help you connect with:

- Help with welfare benefits, debt, housing
- Support with money management
- Getting more active
- Access to gym, walking clubs & keep fit classes
- Weight loss advice
- Stopping smoking advice
- Dietary advice
- Gardening and growing
- Social clubs and activities
- Community learning
- Getting involved by volunteering

How does thrive.nel work?

An experienced Link Worker will spend time getting to know you on a confidential, one-to-one basis. Link Workers are practical and helpful and will not judge you. If you decide thrive.nel is right for you, your Link Worker will work with you to help you decide what you'd like to do to improve your health, wellbeing and independence.

Your Link Worker has experience of working in communities and will take time to find activities that are right for you. We understand that it's not always easy doing things differently on your own and your Link Worker will be right there to support you along the way.



A Link Worker can help you understand more about what's going on in your neighbourhood.