

thrive.nel

a different prescription

YOUR DOCTOR ISN'T THE ONLY ONE WHO CAN HELP YOU FEEL BETTER

ARE YOU DIAGNOSED WITH ONE OF THESE LONG TERM CONDITIONS?

- Diabetes Type 1 or 2
- COPD
- Hypertension
- Atrial Fibrillation
- Asthma
- Epilepsy
- Osteoarthritis
- Osteoporosis
- Chronic Heart Disease
- Fibromyalgia



Age
18 - 75

OUR SOCIAL PRESCRIBING TEAM CAN SUPPORT YOU WITH WHAT MATTERS TO YOU

Managing long term health conditions

Socialising and Digital Support

Debt, benefits and Financial Support

Exercise and nutrition

Housing issues

Access to community and voluntary services



Call us at Centre4 - ask for Social Prescribing
01472 236 673

E Mail: nelccg.thrive@nhs.net

www.thrivenel.co.uk