



Social Prescribing Service

Do you want a healthier lifestyle but don't know where to start?

Maybe you struggle to lose weight, or health conditions stop you from starting an exercise regime?

Perhaps you need support to get back into work, access training schemes or gain experience volunteering?

You can receive support for all of these and more. Zest is working with Upperthorpe Medical Centre to offer patients alternative ways to improve their health and wellbeing. You can ask your GP to refer you into the service or self-refer using this [referral form](#).

Jenny Hare, our Health Link Worker, can help you to access support in the following areas:



- **Healthy Lifestyles** *One to one advice on improving diet and managing weight*
- **Physical Activities** *Reduced cost exercise referral scheme and gym and pool membership*
- **Employment and training support** *Support in all aspects of job searching including building confidence to return to work*
- **Improving Social Networks** *Getting involved with new hobbies and social groups in your local area*
- **Welfare & Benefits** *Accessing advice around housing, debt, or welfare issues*

Contact Jenny at

Zest on 0114

2702040,

extension 210.

Email

jenny.hare@zest

community.co.uk

Jenny also runs our Carers Support group at Zest – call her or click [here](#) for more details.



www.zestcommunity.co.uk