Your doctor isn’t the only person who can help you feel better. You can improve your health and wellbeing through social prescribing. Contacting the service will give you the opportunity to meet a community connector who can spend time with you exploring what activities and local support could improve your health and wellbeing.

It is easy to access, simply give us a ring on 0161 339 2345 or visit us online at https://oldhamcares.com/thriving-communities/social-prescribing/

Our directory of services can be found here: https://www.actiontogether.org.uk/community-activities/community-activity-directory