



North Kensington Wellbeing Forum

Self-Care and Social Prescribing

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Health and Wellbeing Strategy for North Kensington

A Health and Wellbeing Strategy

for North Kensington to March 2024



www.grenfell.nhs.uk



National Social Prescribing Day 2021



#onegoodthing

Walking has given me the joy of connecting back with nature, seeing sights and sounds which I had ignored. Take to the streets, parks and green spaces and allow your thoughts and feelings exist as you walk your steps



What is social prescribing

Myth 1: Social prescribing requires a GP referral

Myth 2: It's a prescription

Myth 3: Social prescribing is instead of medication

Myth 4: Social prescribing is to stop people making GP appointments

Myth 5: It's the same as counselling

Myth 6: Social prescribing is a medical service

Myth 7: SP is mainly about social groups

Myth 8: People can find their own support services

Myth 9: There is a long waiting list

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Wembley (Network House)

<https://networkhouse.nhsbookings.com/v2/>

Hayes (Old Vinyl Factory)

<https://oldvinylfactory.nhsbookings.com/v2/>

Ealing (CP House)

<https://cphouse.nhsbookings.com/v2/>

Hammersmith(Novotel)

<https://novotelconferencecentre.nhsbookings.com/v2/>

Marble Arch (ETC venue)

<https://etcvenues.nhsbookings.com/v2/>

Kensington (Science Museum)

<https://sciencemuseum.nhsbookings.com/v2/>

More information on locations visit <https://www.nwlondonccgs.nhs.uk/.../large-vaccination...>

