



my Best Life



What is My Best Life?

My Best Life is a new social prescribing service for Barnsley, funded by NHS Barnsley Clinical Commissioning Group. We find local support that's individually tailored to your health and wellbeing needs.

What do we do?

When you're not feeling well you can go to your doctor and they'll prescribe you medicine or a treatment. But what if you're not physically unwell? That's where social prescribing comes in.

Our advisors work with people to connect them with local non-medical support. They can visit you at home, or wherever you feel most comfortable, at a time that suits you best – including evenings and weekends

They'll work with you to put together your own action plan that can help with a range of things, including:

- Improve mental wellbeing
- Manage your physical health and symptoms
- Lead a healthier lifestyle
- Improve your home environment
- Get involved in your local community
- Maximise your income and access benefits
- Find work, training and volunteering opportunities

Volunteer with us

Anyone can volunteer with us and help us to increase the variety and quality of support in Barnsley. You could get involved in:

- Providing follow on support
 - Sharing your experiences
 - Help people find their way through the health care system
 - Set up new groups for carers or specific conditions
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Making a referral

Referrals can be made by any healthcare professional in Barnsley, including your GP, nurse or social worker. You must be aged 18 or over to be referred.

Find out more

If you would like to find out more about what we do why not give us a call on [07970399427](tel:07970399427).

My Best Life is run by South Yorkshire Housing Association and is part of our LiveWell services in South Yorkshire.

www.syha.co.uk