

## WE SUPPORT PEOPLE TO:

- Achieve personal goals
- Regain confidence and resilience
- Improve emotional wellbeing
- Manage symptoms
- Lead healthier lifestyles
- Improve the home environment
- Increase community connections
- Address money management and welfare benefit issues
- Connect to work, training and volunteering
- Improve quality of life

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*SHE HAS GUIDED AND POINTED ME TO DIFFERENT OPPORTUNITIES THAT HAVE DEFINITELY PROVED TO BE VERY BENEFICIAL TO MY WELLBEING*

*customer of  
my Best  
Life*

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## HOW TO ACCESS

Speak to your GP Practice about a referral to My Best Life.

Other Primary Health Care Professionals can also make referrals to us directly.

## WHO IS IT FOR

Those aged 18+ and registered with a Barnsley GP Practice.

## DOES IT COST ANYTHING

No, you can access our service for free.

## CONTACT US

Email: [mybestlife@syha.co.uk](mailto:mybestlife@syha.co.uk)  
Twitter: @MblBarnsley

*my Best  
Life*

## SOCIAL PRESCRIBING



# HOW CAN MY BEST LIFE HELP YOU?

*A social prescription instead of a medical prescription...*

Our Social Prescribing Advisors can support you to unpick matters affecting your wellbeing and achieve personal goals.

With links to the local community and resources, and time to spend with you building an action plan which asks 'what matters to you?', our advisors can support you to lead a healthy and fulfilling life.

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THEY HAVE GONE ABOVE  
AND BEYOND TO HELP ME  
DURING THE MOST  
DIFFICULT TIME OF MY  
LIFE

”

customer of  
my Best  
Life



## PARTNERSHIP WORKING

We work closely with Health and Social Care, local councils and the Voluntary, Community and Enterprise sector.

We can support you to access services and we will work together to achieve the best outcomes.

## WHY SOCIAL PRESCRIBING

My Best Life is a Social Prescribing service for Barnsley, funded by Barnsley Clinical Commissioning Group and managed by South Yorkshire Housing Association.

Social Prescribing is a means of enabling professionals to refer people to a range of local, non-clinical services.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, Social Prescribing seeks to address people's needs in a holistic way.

It also aims to support individuals to take greater control of their own health.

**SYHA**  
**LiveWell**

**NHS**  
**Barnsley**  
Clinical Commissioning Group

Putting Barnsley People First