

Did you know?

The Millwood Partnership & Beaches Medical Centre have a team of Social Prescribers & a Health & Wellbeing Coach that can offer support and guidance for the following and so much more.

Fancy getting out more and meeting new people?

Do you struggle being a carer?

Do you feel lonely and isolated?

Do you have a long term health condition you want to manage?



SOCIAL PRESCRIBING IS NOT JUST . . .

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- Signposting
- Health Coaching
- A directory of services
- Activities to fill someone's time now and then

IT'S MUCH MORE . . .

Physical Activity	Diet & Nutrition	Mental Health	Social Support	Substance Abuse
Debt & Benefits Advice	Housing Support	Employability Support	Volunteering Support	Gambling Addiction

YOU can make self referral and speak to our team using the following-

Jodie.tilley1@nhs.net

Or call

07939219093 Monday-Friday (9-3pm)



These services are free and provided by the Gorleston Primary Care Network for patients that use the following surgeries-

The Millwood Partnership
The Beaches

Falklands Surgery
Hopton Surgery

Gorleston Medical Centre

