



# Social Prescribing

## for NHSE and NHS Trust trainees

*Supporting international NHSE and NHS Trust trainees to ensure you get the right help, support and guidance to improve your overall health and wellbeing.*

### We can help you to find the right childcare or school for you and your family in the UK.

Get in touch with our friendly team to find out how we can work together to identify and secure the right type of childcare provision for you and your family.

We can help you now - whatever ST year you are in, even if you have not yet started your training or you are outside of the UK.



We can help



Ease the pressure



Support is available

*"... As a mother with young children, I didn't know who to speak with about nursery, schools, and housing. I reached out to the team - it was like speaking with a long-time friend. I had so many concerns but she put my mind at ease, was able to guide, support and point me in the right direction. I'm really grateful for the initiative"*

'IMG Testimonial'



Easy self-referral

Email: [hnf-tr.heesocialprescribing@nhs.net](mailto:hnf-tr.heesocialprescribing@nhs.net) Tel: 0800 9177752

Confidential one to one appointments are available with a social prescriber and can be arranged via MS Teams for your convenience.