

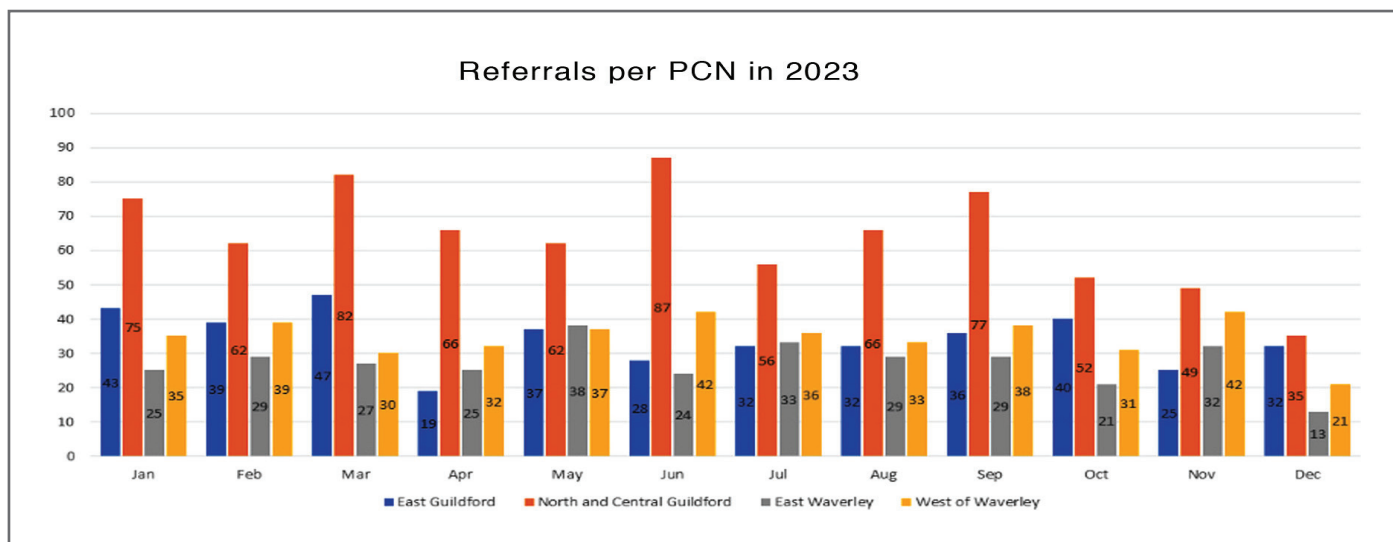


GUILDFORD & WAVERLEY SOCIAL PRESCRIBING SERVICE

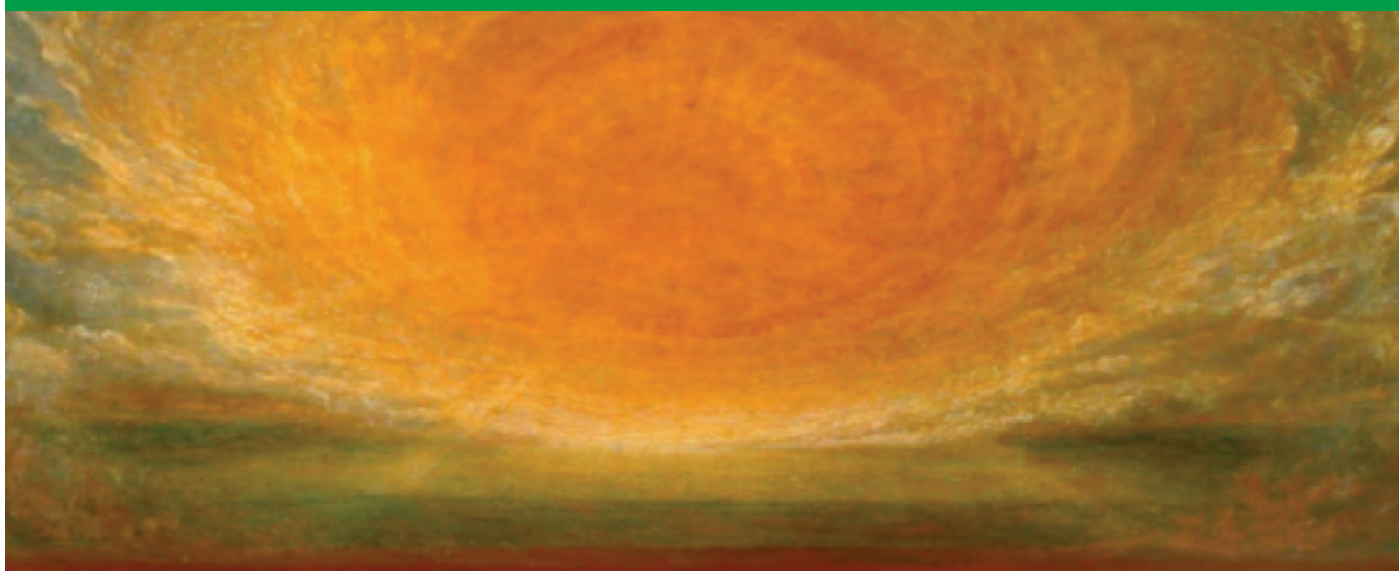
NEWSLETTER

JANUARY 2024 | ISSUE 10

WISHING YOU ALL A VERY HAPPY NEW YEAR



SOCIAL PRESCRIBING ART COURSE: WATTS GALLERY



The Social Prescribing art courses run throughout the year at Watts Gallery. The next **Explore, Refresh & Express** 6-week free art workshop is taking place in Spring 2024.

Spend time in the galleries, chapel and woodlands at Watts Gallery and take inspiration from nature and the art around you.

Across the six-week course, you

will try your hand at a variety of different creative-making techniques, inspired by the practices of GF and Mary Watts. This will include pottery, Modroc, painting and collage.

Please speak to the social prescribing team to book a place on the Spring course, spaces are limited!



TO CONTACT THE SOCIAL PRESCRIBING TEAM EMAIL: INFO@VASWS.ORG.UK

TRANSPORT

SURREY **connect** Bus Service

The new Connect bus service, is a digital on demand bus service, known as a **Digital Demand Responsive Transport (DDRT)** solution, that is available in some areas of Surrey. It is a safe and reliable bus sharing service that will connect you to your local community, available to all, including those with additional needs and those using mobility aids.

The Connect Buses are available in Farnham, Cranleigh and West Guildford. This service is best using an App to book your journey as it can give real time information. Anyone without an App can still phone to book a journey;

West Guildford and Longcross DDRT: 01483 744807
Farnham and Cranleigh DDRT: 01428 681710

The Connect service operates Monday to Friday 7am to 7pm and Saturday 8am to 6pm. There is a scale of charges

depending on how far you are travelling in the area.

Please click the link for more information or speak to the Social Prescribing Team:
[Surrey connect: on demand bus service - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk/surreyconnect)



LGBTQ SUPPORT



Outline

Outline in Catalyst is a Listening Service, they believe in the power of shared experiences and comprehensive support. By combining their empathetic listening service with diligent signposting support, Outline create a robust foundation for LGBTQ+ people to navigate their journeys.

Through active listening, Outline support people to explore their feelings and make sense of their experiences: [Outline in Catalyst | Catalyst \(catalystsupport.org.uk\)](https://www.catalystsupport.org.uk)

For more information please contact the Social Prescribing Team.



Blossom

Blossom is a charity that supports the amazing things that LGBTQ+ people can achieve when they are empowered to succeed without the fear of discrimination. The Charity is based in Woking but have workshops in the Guildford area: [Blossom LGBT CIC | Empowering LGBT Young Adults](https://www.blossomlgbt.org.uk)

They have Wellbeing and Social Spaces to create community, learn wellbeing skills and have fun: [Woking LGBTQ+ Wellbeing Space | Blossom LGBT 2023](https://www.blossomlgbt.org.uk)

Offer a mentoring and Employability group, empowering a person to improve confidence and up-skill leading to longer and meaningful employment: [LGBT Mentoring | Employability | Blossom LGBT CIC 2023](https://www.blossomlgbt.org.uk)

For more information please contact the Social Prescribing Team.

Pride in Surrey

Pride in Surrey offer lots of events and activities to get involved with, including a text helpline, online support, a radio show and a safe space at the Pride Hub in Woking. To find out more visit: <https://www.prideinsurrey.org/about>

For more information please contact the Social Prescribing Team.



Referrals

Any member of the practice staff and any health or social care professional can refer to the Social Prescribing service.

Please find a copy of the referral form attached to the accompanying email.

