

Social prescribing and Places of Welcome



PLACE OF
WELCOME

Places of Welcome is a growing network of local community groups providing their neighbourhoods with places where all people feel safe to connect, belong and contribute.

They offer:



PLACE: An accessible and hospitable building, open at the same time every week



PEOPLE: Open to everyone regardless of their circumstances or situation and staffed by volunteers



PRESENCE: A place where people actively listen to one another



PROVISION: Free refreshments (at least a cup of tea and a biscuit) and basic local information



PARTICIPATION: Every person will bring talents, experiences and skills that they may be willing to share locally

Places of Welcome and social prescribing share many of the same values.

Both encourage active listening, community participation and inclusive support. Both help people to connect and to grow in confidence and both prioritise holistic care and community empowerment.

Places of Welcome provide a welcoming environment which offer regular and reliable resources and local information and serve as beacons of community support and connection.

Alongside social prescribing

Places of Welcome seamlessly complement the ethos of social prescribing by offering holistic support to individuals. Through the inclusive atmosphere and diverse resources, they address social causes of ill health.

Both social prescribing and Places of Welcome prioritise empowering individuals to navigate their unique circumstances. By encouraging active listening and conversation, with the stimulation of being out of the home environment, Places of Welcome promote mindfulness.

“ We have linked up with the Salus Foundation once a month with advice on healthy lifestyle habits to improve people’s wellbeing. Every week there is a Social Care Practitioner at the Place of Welcome to give advice, information and support, Community connections and signposting.”



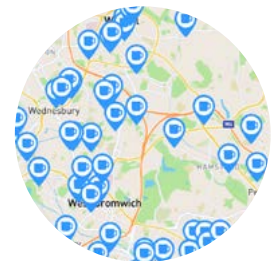
**St Mark’s Community Hub Place of Welcome,
Birmingham**



Connecting with Places of Welcome

Explore our Places of Welcome map to find nearby venues and easily contact a Place of Welcome or refer an individual:

placesofwelcome.org.uk/locations



Reach out to us for help linking individuals to relevant Places of Welcome:

info@placesofwelcome.org.uk | **03300 531 940**