

# Penrose Community Care and Support

## Enhancing Mental Well-being through Social Prescribing and Exercise

Social prescribing involves linking individuals with non-medical support in the community. It recognises that mental health is influenced by various factors, including social connections and physical activity.

Exercise is proven to be a natural mood lifter, releases endorphins, reduces stress hormones, supports weight loss, and improves overall mental well-being.



We can support people with:

- Walking Groups: a great way to socialise and stay active
- Yoga and Meditation: improve mental clarity and reduce stress
- Team Sports: for a sense of community and shared accomplishment
- Gardening: connect with nature and enjoy the therapeutic benefits of gardening
- Shopping: incorporating travel training and helping to make healthy food choices
- Explore Local Resources: discover community programs, classes and interests



If any of the above resonates with your team's objectives, please contact us to discuss them in detail. We will book a meeting to assess the person requiring support, set realistic goals and a plan of activities.

**Penrose Community Care and Support**  
Telephone  
0203 668 9270  
Enquiries Email  
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Penrose Charity no. 01151455 | Penrose Company no. 8466743

Penrose is part of Social Interest Group. We believe good care and support improve lives. Our mission is to empower people who are marginalised by building powerful partnerships and creative solutions that bridge gaps in provision and aid recovery, reablement and resettlement.

Charity no. 1158402 | Company no. 9122052