



my Best Life

SYHA
LiveWell

Barnsley Social Prescribing



What is My Best Life?

My Best Life is a new social prescribing service for Barnsley, funded by Barnsley Clinical Commissioning Group. We help find people local and personalised solutions to improve health and wellbeing.

How can My Best Life help?

My Best Life helps people achieve their health and wellbeing goals by connecting them to non-medical sources of community support.

Our Advisors visit people in their home. We offer flexible appointment times, including at evenings and weekends. The Advisor works with individuals to create a personalised My Best Life Action Plan. The plan is built around the Five Ways to Wellbeing. This is the New Economic Foundation's evidence-based framework of actions that help people to lead happy and fulfilling lives.

My Best Life helps people to:

- Improve mental wellbeing
- Better manage symptoms
- Lead healthier lifestyles
- Improve the home environment
- Increase community connections
- Address money management and welfare benefit issues
- Connect to work and volunteering

My Best Life Volunteers

Local people can become a My Best Life Volunteer. They will increase the variety and quality of non-medical support in Barnsley. This includes:

- Providing one-off interventions and follow-on support
- Peer-led Resilience Course to help other people build skills
- Drop in sessions at GPs to help people find their way through the health care system
- Setting up new groups, such as for carers or specific long-term conditions

Make a referral

Referrals can be made by clinical primary care staff (e.g. GP's, Practice Nurses), Community and Specialist Nurses, District Nurses, Community Matrons, Mental Health services, Care Navigators, social services, independent living at home service and Be Well Barnsley. We work with people aged 18+.

Find out more

My Best Life is run by South Yorkshire Housing Association and is part of our LiveWell services in South Yorkshire and the surrounding areas. Our LiveWell services work with people to settle at home, live well and realise their potential, and that's what My Best Life is all about.

If you would like to find out more about us, give us a call on 07579962320 to talk to Alaina Briggs, Advisor for the North East.

My Best Life is just one of the many services we offer across South Yorkshire at LiveWell. For more information visit www.syha.co.uk