

Introduction of Social Prescribing イングランドの「社会的処方」 ～モデル事例 Bromley by Bow Centre～

2025年11月

Social Prescribing（社会的処方）：モデル事例

Bromley by Bow Centre (BBBC)の事例

1. 所在地

ロンドンのEast EndのTower Hamlets Council所在。UndergroundのBBB駅近傍
St Leonard's Street, E3 3BT

2. 設立の経緯

1984年、Bromley by Bow所在のUnited Reformed Churchの牧師Andrew Mawsonが教会の施設を地域住民に開放し、現在の活動の原点となるコミュニティ活動開始

1994年、BBBCは慈善団体として認可され、活動を多角化。www.bbbbc.org.uk

1997年、BBBCは自前のGP診療所を整備。医療と地域支援の統合モデルを発足

2010年代、社会的処方の代表的実践拠点・学習拠点の先駆的モデル事例となる

3. Community Serviceの内容

健康・ウェルビーイング（GP診療、社会的処方、園芸、アート、料理等）、相談支援（生活困窮・エネルギー・債務・住宅・就労）、学習・資格・雇用支援、ボランティア育成、コミュニティ行事等を、同一敷地内で実施する“包括拠点”





BROMLEY BY BOW HEALTH

We are now live at our new website!

Visit us at:

<https://www.bbbhp.org.uk>



VISIT NOW

Stay updated with:

- Booking appointments online
- Accessing medical records
- Important health information
- Practice news and updates

Bromley By Bow Health Centre | XX Place Health Centre | St Andrews Health Centre
| St Pauls Way Medical Centre

You Are Invited

Diwali

POP UP EVENT

WEDNESDAY 29TH OCTOBER 12-2PM

Come along to enjoy Diwali creative activities for children
0-6 years + Siblings welcome
Wellington Way Health Centre
E3 4NE

FREE



Save the Children Bromley by Bow Centre

Bromley by Bow Centre

What's On at Bromley by Bow Centre October to December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
WAFY (We Ain't Finished Yet) 10:30am – 1pm Project Room PLEASE REGISTER FREE	Health & Wellbeing exercise 11-12 Hall £2.50 9-week programme starting 7 th October Book your space info@glanholm.co.uk		Community Introduction to Pottery 16 th & 30 th October 4th & 18 th December 10:30-12:30 FREE	East London Epilepsy Group 1pm – 4pm (1st Friday each month) Coffee & Chat DROP IN FREE
Seated Pilates 1.30pm – 2.30pm Weekly Hall £2	Thread Heads 1pm – 2pm Barn DROP IN 7 th to 28 th October FREE	Friends of East 11am – 12.30pm (1st & 3rd Wed each month) DROP IN FREE	Gardening Club 1.30pm – 3.30pm Weekly Meet in the café at 1pm DROP IN FREE	Music is medicine 7 th November to 12 th December 1:30-2:30 pm FREE
	Relaxation Group 2.30pm – 3.30pm Barn DROP IN FREE		50+ Young @ Art 1.30pm – 3.30pm booking essential £2	Men's Cafe 2.30pm – 4.30pm Weekly A space to chat and connect. DROP IN FREE

Open access laptops available to use daily between 10am – 4pm. Just ask one of the team.

Additional Information

Book area open all week.
Bring a book, borrow a book, read a book!

Cook & Eat
Held at least once a month, days and times vary.
Please pop into the Welcome Hub for further information.

Food pantry for older residents living in E3 & E14
Enquire for details

Scan QR code to register for all activities

OR

Call us: 020 8709 9700 | Email: welcomehub@bbb.org.uk

★ Check our board for activity updates and new events! ★

The Bromley by Bow Centre is committed to being an anti-racist and inclusive organisation.



Halloween Free Pop Up

FACE PAINTING
APPLE CHALLENGE
PUMPKIN PAINTING
TRICK OR TREAT LUCKY DIP
SPOOKY TRAIL

30TH OCT, 2025

AT BROMLEY BY BOW CENTRE
ST LEONARDS STREET
LONDON
E3 3BT

TIME
12-2PM

FREE ENTRY
FOR FAMILIES, CHILDREN 0-6 & SIBLINGS
FANCY DRESS WELCOME!

Bromley by Bow Centre Bromley by Bow Health Save the Children

Explore with Friends of East
'We Share, Talk, Learn & Create'



Coffee Morning
1st & 3rd Wednesday of each month
11:30am-1pm
Bromley by Bow Centre

Contact Ricky
07507556908/
ricky.slan@bbbc.org.uk

Bromley by Bow Centre
YOUNG @ ART
Weekly Arts & Crafts Sessions
Thursdays
1:30 - 3:30pm

Members are supported to experiment and explore different arts and crafts techniques.

Leading the group is Paula Roughton, one of the Centre's long-standing resident artists.

"Registration is essential"
For more information, contact chris.sullivan@bbbc.org.uk or helene.reynolds@bbbc.org.uk

E2 SESSION FEE

NEW
EMBROIDERY WORKSHOP

Tell your story with thread

10th October
1pm-3pm

Bromley by Bow Centre
St Leonards St
E3 3BT

A four-week creative well-being programme in design and embroidery a personal story piece. Final work will be photographed and shared in a zine and poster display. Booking required.

Reserve your place with Stephanie
Text 07845 582280
Email stephanie@monagmail.com

Cook & Eat
Improve your cooking skills
Learn new healthy recipes
Meet new people

Cook & Eat sessions take place at your choice in month at the Bromley by Bow Centre.
Three groups are active: vegans, low and no oil and meat together.
If you would like to be informed about future sessions, please join the the newsletter via the link in our messages at no. 07507556908

FREE

Bromley by Bow Centre
Food Pantry

The Bromley by Bow Centre's Food Pantry assists people experiencing food insecurity by providing essential food and essential items as well as wraparound support.

- Our Food Pantry supports older residents
- Either 65+ years or 50+ years with a disability
- Who either live locally in either E3 or E14
- Pantry Members can choose up to 20 items in return for £4 membership fee per week for up to six months
- The Food Pantry is open for Pantry Members once a week

Items available will vary but include ambient, fresh, chilled and frozen foods.

We also have a small selection of household and personal care products.

Pantry members will also receive financial advice from the BBBC's social welfare team.

Membership also includes support to access the BBBC's services and activities.

Find out more:
bbbc.org.uk/services/food-pantry/
Email us: foodpantry@bbbc.org.uk

Request pantry membership

Bromley by Bow Centre
SEATED PILATES



Every Monday, 1:30 - 2:30pm
10-week course.
22nd September - 24th November 2025
OPEN TO ALL
E2 SESSION FEE
Bromley By Bow Centre, St Leonards Street
E3 3BT
For more information email clare.helly@bbbc.org.uk or helen.mahesh@bbbc.org.uk

HEALTH and WELLBEING
9-weeks course



Would you like to ...

- Improve your health?
- Become in control over your wellbeing?
- Explore your goals in a relaxing environment?

We are here to help you develop the strategy for your health and wellbeing.

In health and wellbeing practice since 1990

Where: Bromley by Bow Centre
St. Leonards Street, Bow E3 3BT
Start: 14th October 2025/ Tuesdays (in the Hall)
Time: 11am - 12:30
Personalised support: 10:30-11am and 12:12:30
Cost: £2.50 per person/per session
Contact: info@perfm.co.uk

Prevention is better than cure!

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以 上

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