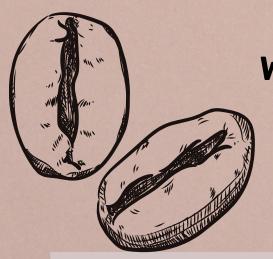
Community Action

NHS

SOCIAL PRESCRIBING COFFEE MORNING

This could include but not limited to:

- Loneliness and isolation
- Mental health
- Community services
- Benefits
- Debt management
- Volunteering
- Housing



Social prescribing is a person centred approach focusing on what matters to you. We can support with signposting and accessing organisations and services that could benefit your current situation...

Where: Mrs C's Tea Cosy, 4 Normanton Lane, Littleover DE23 6GP When: The last Tuesday of every month Time: 9:30 - 10:30 Who: Anyone, just drop in

For more information contact Gary Stoppard on 07838 248 795 or email gary.stoppard@communityactionderby.org.uk