

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