



# SOCIAL PRESCRIBING COFFEE MORNING

## This could include but is 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 to, and accessing, organisations and services that could benefit your current situation

**Where:** Heart of the Park Café,  
Arboretum Park

**When:** The first Thursday of the  
month

**Time:** 10:30 - 11:30

**Who:** Anyone, just drop in



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