



Community Action



GROWING  
MINDS

# SOCIAL PRESCRIBING COFFEE MORNING & ALLOTMENT



For those seeking a refreshing outdoor experience, tailored to their own comfort level, whether that involves digging into the earth or enjoying nature's beauty from the peacefulness of the summer house

**W H E R E :** Sinfin Moor Allotments (meet at Redwood Road gates, Sinfin DE24 9LA)

**W H E N :** First Wednesday of every month, 10:00am till 11:30am

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...

**This could include but not limited to:**

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

For more information contact Nitanshi Yadav:

07901 378418 or [nitanshi.yadav@communityactionderby.org.uk](mailto:nitanshi.yadav@communityactionderby.org.uk)