



WOMEN ONLY 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: Pakistan Community Centre, 103 Harrington Street, Pear Tree DE23 8PB

When: Fortnightly on Tuesdays, from 26/09/2023

Time: 10:30 - 12:30

Who: Anyone, just drop in

Attendees are welcome to stay once the coffee morning has finished, to enjoy the women only wellbeing session

For more information contact Sidra Batool on
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