

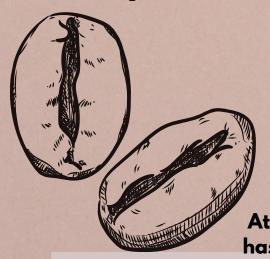






## This could include but not limited to:

- 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 07460 677 192 or email sidra.batool@communityactionderby.org.uk