



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

WHERE: Sinfin Moor Allotments (meet at Redwood Road gates, Sinfin DE24 9LA)

WHEN: 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)