



community
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Together we can make a difference...



DERBY CITY
NORTH
PRIMARY CARE
NETWORK

NHS

Community Action

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
07460 677 192 or email
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