



Voluntary ►
CENTRE Services

Connecting you to your community

Connecting People for Wellbeing

Your Social Prescribing Navigators are:

Chelsee McCarthy & Yvette Foster

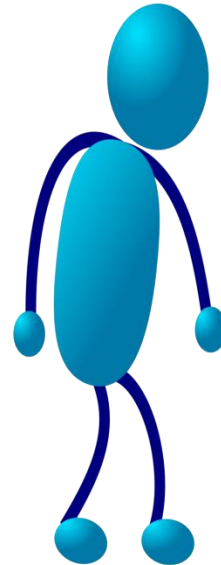
01522 551683

If this is you:

Please speak to us in the surgery, grab a leaflet from reception or contact us by telephone.

Are you
feeling
lonely or
isolated?

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Do you want to go
to groups/activities,
but don't know
what is out
there/are nervous
to go on your own?

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Are you stuck in a
rut & want some
help?

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Do you need
some support
but don't know
where to start?