

Do you have social, emotional or practical concerns and need support?

COME AND MEET YOUR SOCIAL PRESCRIBING TEAM

Find out how Social Prescribing can support your health and wellbeing.

- ♥ Mental health support
- ♥ Social activities and communities
- ♥ Benefits and housing advice
- ♥ Carer support and much more

SHEERWATER SURGERY
THURSDAY 3 SEPTEMBER 2026
9.30AM – 12.30PM
Drop in and say hello

Free to attend • No appointment needed