

## Social Prescriber Newsletter

March Edition

### Upcoming courses

#### Quick ways to sleep well

- Monday 28<sup>th</sup> April
- 1:30 - 4pm
- @Cleveleys Group Practice



A look at common sleep problems and techniques to aid a better night's sleep

#### Creative Reset

- Monday 19<sup>th</sup> May
- 1:30 - 4pm
- @Cleveleys Group Practice



Creativity is a great tool to become mindful. Helps to reduce negative thought patterns and stress levels

### Could you help take action to reduce loneliness and isolation across the Fylde Coast?

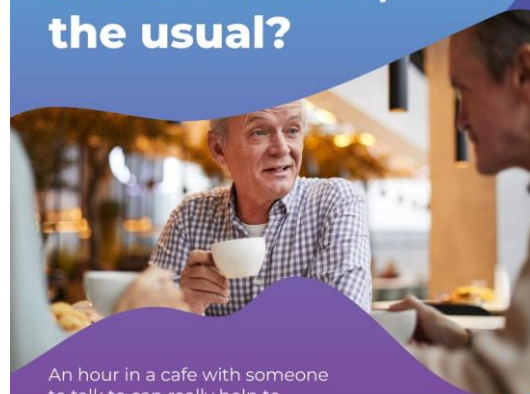
[Befriending volunteers – Wyre Council](#) or call

01253 887290

An hour in a café with someone to talk to can really help to combat isolation and loneliness.

It takes two minutes to boil a kettle.  
That's how long it takes to brighten the day of someone who is isolated or lonely.

**Latte and  
a slice of cake,  
the usual?**



An hour in a café with someone to talk to can really help to combat isolation and loneliness.

Let's end loneliness together,  
**#OneBrewAtATime**

Befriending service  
delivered in partnership  
**wyre** council **Fylde** Council

## What's on this Spring?



Put a spring in your step with our Walk and Talk last Tuesday of every month starting in March

**Tuesday 25<sup>th</sup> March**

**Tuesday 29<sup>th</sup> April**

**Tuesday 27<sup>th</sup> May**

**Tuesday 24<sup>th</sup> June**

**Tuesday 29<sup>th</sup> July**

10:30- 12pm, meeting at the café in  
Anchorsholme park,  
FY5 1LY

## Peer Inside bereavement peer support

Compassionate Cuppa with space to grieve.

### New dates for 2025

**Friday 28<sup>th</sup> March**

**Friday 25<sup>th</sup> April**

**Friday 30<sup>th</sup> May**

**Friday 27<sup>th</sup> June**

**Friday 25<sup>th</sup> July**

**2:00pm-3.30pm**

**At The Coffee Barn**

3 Crescent East,  
Thornton Cleveleys,  
FY5 3LU

**Please RSVP**

**01253 204171**

