

# Health & Wellbeing

**DROP-IN**

**Friday**

**29<sup>th</sup> August 2025**

**09.00 – 17.00**

**YMCA Victoria Rd E,  
Thornton-Cleveleys FY5 3SX**

Calling all patients from **The Thornton Practice, Cleveleys Group Practice** and **Crescent Surgery**.

Did you know your Primary Care Network can help with your Health and Wellbeing?  
Come and join us for **FREE** drop-in session to find out more.



We can signpost you to appropriate services, book appointments with Mental health team, support you with employment, finances, Healthy weight NHS App and much more.

**Low mood & anxiety**

**Social isolation**

**Healthy Weight support**

**Groups & keeping active**

**Employment and finances**

**Veterans support**

**Care & dementia support**

**Bereavement support**

\*Eligible patients only

