

Social Prescriber Newsletter

August Edition



Upcoming courses

Course dates confirmed

Book your place now



EXPRESS YOURSELF WITH PAINT

When- **Monday 15th September 1:30-4pm**

Where – **Cleveleys health centre** community room first floor (lift available)

A journey of self expression through art. This is a taster session which is designed to encourage learners to connect with themselves and the materials. Explore the potential of different brushes and tools to move and manipulate paint in different ways.

Spaces available now please call the social prescribers 01253 204171 to book a place

CREATING A MORE CONFIDENT YOU

When – **Monday 13th & 20th October**

Where – **Cleveleys health centre** community room first floor (lift available)

The course enables you to build your confidence and self-esteem by recognising strengths and achievements. This can help improve overall wellbeing and help create a more resilient life.



For further information about other courses, please contact the social prescribing team

FREE MOBILE NHS HEALTH CHECKS

An NHS Health Check is for anyone aged 40-74. Your appointment will take less than 30 minutes and it's a simple and effective way to get a better understanding of your current level of health.

Appointment times available when following the link



<https://fcms.simplybook.it/v2/#book/service/648>

Appointments available between 10am and 4pm

Saturday 16th August - Affinity Fleetwood

Tuesday 19th August - Poulton-le-Fylde Community Hall

Monday 15th September - Booths Poulton-le-Fylde

Groups in Fleetwood

PoP Up Stitchery!

**Every Tuesday
10.30 - 12.00**

**Heart of the Hub Cafe
Fleetwood**

Focus on hand sewing basics for absolute beginners
Drop in for a "How to"
or Stay for sharing projects
includes: hems, buttons and mending

Coffee, stitch, relax & natter with
The Rebel Stitchers!

Challenge through Sport Initiative

Active Lancashire

FREE ACTIVITY

Yoga

DAY: **Tuesday** TIME: **1pm-2pm**

ADDRESS: YMCA Lofthouse Building
London Street, Fleetwood, FY7 6JL

CONTACT: Adam Soothill - asoothill@activelancashire.org.uk - 07465755483

TRY SOMETHING NEW THIS WEEK AND GET INVOLVED!
Come along and connect with others and your community. Take part and learn new skills. You don't need to bring anything with you.

activelancashire.org.uk

YOUNG@HEART!

The social group for people aged 65+

MAKING FRIENDS

BOARD GAMES

DAY TRIPS

CHAT & A CUPPA

**No need to book,
just pop in and say hello!**

FLEETWOOD LIBRARY
Tuesdays: 10am - 12noon

For more information about the groups please contact Healthier Fleetwood listening@healthierfleetwood.co.uk. Answerphone: 07399 093835