

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 themsleves and the materials. Explore the potential of different brushes and tools to move and manipulate paint in different ways.

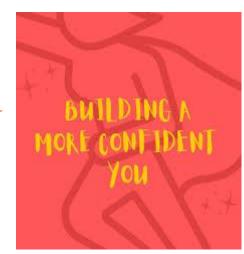
Spaces available now please call the social prescribers 01253 204171 to book a place

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 selfesteem by recognising strengths and acheivements. 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

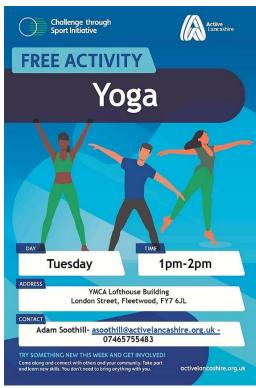
Saturday 16th August - Affinity Fleetwood

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

Monday 15th September - Booths Poulton-le-Fylde

Groups in Fleetwood







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