

Social Prescriber Newsletter

December Edition 25

Winter Nature wellbeing sessions

Reconnect -Recharge - Restore



These sessions are designed to boost health and wellbeing by being Active in Nature. They include a warm drink, friendly chat, nature-based activities and short walks.

Next session Tuesday 6th January 10:30-12:30 – Meet Wyre Estuary Park, Stanah

Please call the social prescriber for more information 01253 204171

You don't have to spend Christmas alone Free Christmas day dinner in Fleetwood

EMBER & BLOSSOM CIC PRESENTS


Christmas Day Dinner 25

12pm Fleetwood Sea cadet base

We believe no one should be alone at Christmas. Our annual community dinner brings people together, creating friendships that last long after the day ends. Join us for a free 3-course meal, laughter, and good company, everyone is welcome.

Contact 07958558135 or email director@emberandblossom.co.uk

Volunteers and Donations Welcome



HEALTHIER FLEETWOOD evolution COASTAL radio ONSITE KITCHENS EMBER & BLOSSOM

Non-profit CIC, Registered Number: 16225730



**Book now to reserve a
spot for Christmas
dinner**

**They are also looking for
volunteers too if you are
interested or would like
to donate**

Please call 07958558135



COFFEE AND CAKE TIME

IN AID OF CATS PAWS CHARITY

**A cosy afternoon at care for Cleveleys shop,
Princess Road, Cleveleys, FY5 1BP**

Enjoy tea and cake also raffle and tabletop sale

Everyone welcome

SATURDAY 6TH DECEMBER

12:30-2:30

New Dance Classes for People Living with Parkinson's **Free Tasters: 3, 10, 17 December**

LPM Dance is launching Neuro-Moves – fun, friendly, and accessible dance sessions designed for people with Parkinson's and similar neurological conditions.

VENUE: Cleveleys Community Centre, Kensington Rd, Thornton Cleveleys, FY5 1ER

DATES AND TIMES: Wednesday 7th January 2026 10:30-11:45 (£3.50)

No dance experience needed – carers and relative's welcome!
Wear comfy clothes & footwear, bring water.

Better balance & coordination
Reduced risk of falls
Improved strength & energy
Boosted wellbeing & social connections

To find out more or book your place, contact Helen Gould:
lpmdanceforhealth@gmail.com



Free Taster Sessions

**Cleveleys Community Church, Kensington Road,
Cleveleys, Thornton-Cleveleys FY5 1ER**

Wednesday 3rd December, 10.30am-11.45am

Wednesday 10th December, 10.30am-11.45am

Wednesday 17th December, 10.30am-11.45am

Weekly classes from Wednesday January 7th, 10.30-11.45am

The session can be taken seated or standing. Classes incorporate a variety of music, dance styles and breath work.

Followed by refreshments

www.lpmdance.com/neuro-moves

For booking information,
Contact Helen on lpmdanceforhealth@gmail.com
for more information



**SPORT
ENGLAND**

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