

## 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 6<sup>th</sup> 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](mailto:director@emberandblossom.co.uk)

Volunteers and Donations Welcome





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 6<sup>TH</sup> 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 7<sup>th</sup> 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](mailto:lpmdanceforhealth@gmail.com)



### **Neuro-Moves - Cleveleys**

Specialist dance classes for people living with neurological conditions and their friends and family

*Led by Helen Gould MBE and Corinne Tams*

#### **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](http://www.lpmdance.com/neuro-moves)

For booking information.

Contact Helen on [lpmdanceforhealth@gmail.com](mailto:lpmdanceforhealth@gmail.com)

