



**Five Elms**  
Primary Care Network

# Summercroft Wellbeing Café

**Cafe opening on Tuesday 3<sup>rd</sup> June 2025**

*We are a group of general practices working together (Southborough Lane Surgery, Bromley Common Practice, Summercroft Surgery, Stock Hill Medical Centre and Norheads Lane Surgery) with a range of local providers across primary care, community services and social care to provide more personalised and coordinated health and social care for people closer to home.*



The Cafes are organised by the PCN Care Coordinators and Social Prescriber Link Workers, who are also available at the café to help with any questions you may have

## Activities & Refreshments



Bingo



Friendly chat



Board games



Strength exercise  
classes



Guest speakers include  
PCN Staff  
NHS Services  
Charity Services  
Public services  
And more....



There is a range of fun activities to participate in at the Wellbeing Café but you are welcome to use the space as you would prefer. All activities are optional and will rotate regularly.



1st Tuesday of  
every month



St Paul's Church  
Orpington  
BR6 8JE



11am to 1pm

Safe space for people aged 50 and over

**Buses that you can catch are the 61, 353, 654, R2 and R3  
Church Parking available**