



Social Prescribing Drop-in Sessions

If you want to make changes to your life to improve your social, physical or mental wellbeing, a Social Prescribing Link Worker can help.

By listening to what is important to you we can put you in touch with the services and activities that could help you. This might include connecting you with

- money or housing advice services
- employment support
- wellbeing groups
- exercise activities or social groups.

Why not come along to one of our weekly drop-in sessions to find out more? No need to book, just visit:

Huddersfield Fire Station – in the Community Room
Tuesdays 2pm – 4pm
(Running weekly, starting 18th April 2023)

Please use the front entrance



Crosland Moor Surgery | Lockwood Surgery | Newsome Surgery | Paddock & Longwood Family Practice
Fieldhead Surgery | Meltham Road Surgery | New Street and Netherton Group Practice | Thornton Lodge Surgery