

Social Prescribing out in the Community



We proudly work in partnership with the Chiltern Hills PCN and we recently attended their Wellbeing Awareness coffee morning at Priory Gardens. There was a great turn out from the local residents and people were able to access the support and guidance we have on offer as well as meet with lots of other local charities and support services.

We run a coffee morning for our socially isolated clients, we have a great group with regular and new people attending. Each week is different and tailored to our attendees needs, whether that is chatting and drinking coffee, playing dominoes, listening to music and sharing stories.

To attend the coffee morning, see dates below, we welcome all newcomers.

Join our free coffee morning

Anyone welcome to join, if you fancy a chat with friendly people, want to play a game or if you're just coming for the free biscuits and drink we look forward to meeting you.

Next dates for coffee morning:

- Tuesday 1st July 2025
- Tuesday 5th August 2025
- Tuesday 2nd September 2025

Always from 10am-12pm

Held in **The Dunstable Leisure centre**