



Everyone welcome!
Come in for a chat and a cuppa

Drop in to speak with a range of services offering FREE advice and information to support your health and wellbeing.

**1st Friday of every month,
Donnington Community Hub,
TF2 7PR 9.30–11.30am**

Come and talk to us about:

- Healthy lifestyle advice – blood pressure checks
- Caring, SEND and additional needs
- Help with using your phone, tablet or laptop
- Adult social care and independent living
- Wellbeing
- Cancer awareness
- Family Hubs – support, signposting and workshops for families
- Money Matter Benefits, debt and housing support
- Feeling isolated, anxious, or dealing with long-term condition
- Advice and support for people serving in the Armed Forces and Veterans



For more information email alan.watkins@thesilverthreadshall.org.uk