

LIVE WELL COMMUNITY HUB DONNINGTON



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.

3rd Tuesday of every month,
Silver Threads Hall, TF2 8AD
3.30–5.45pm

Come and talk to us about:

- Healthy lifestyles advice and 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
- Feeling isolated, anxious, or dealing with long-term condition
- Advice and support for people serving in the Armed Forces and Veterans



Dates

DEC 16	JAN 20	FEB 17	MAR 17	APR 21
MAY 19	JUN 16	JUL 21	AUG 18	SEPT 15