

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.



We had fun celebrating **85 years of Citizens Advice**. We ate cake, played dominoes, chatted about our daily lives and most importantly we

laughed. All the coffee morning attendees even went to a café after the session for some impromptu lunch. If you would like to join, please pop along next time on the 22nd October 2024.

Testimonials
from attendees

“Groups like these are really important.”

“It’s fun, we have learnt

about each other and I come back as the group isn’t focused on me being on my own or a group of people whinging. We have come together to have positive social interaction.”





citizens
advice

Dunstable
& District

We would like to invite **YOU** to
attend our free coffee morning.

Dates for 2024:

All sessions 10am-12pm

Tuesday 30th July

Tuesday 10th September

Tuesday 22nd October

Tuesday 3rd December

Citizens Advice office
The Dunstable centre
Court Drive
Dunstable
LU5 4JD

01582 670003

Socialprescribing@dunstable.cabnet.org.uk

<https://www.dunstablecab.org.uk/>



Due to catering
please kindly
confirm
attendance by
telephone/
email

