

Ways To Wellbeing

Come along and join the teams from
Mowbray House Surgery & Mayford House Surgery
with their Patient Participation Groups
to learn more about your ways to wellbeing.

Mowbray House Surgery

Saturday 1st June at 1pm

Refreshments provided

We look forward to seeing you there!

Joining us will be organisations that can help you, your family and friends with:

- ⇒ Employment advice
- ⇒ Support at home
- ⇒ Volunteering
- ⇒ Long term care
- ⇒ Support with loneliness
- ⇒ Financial advice
- ⇒ Mental health
- ⇒ Carers resources
- ⇒ Increasing fitness
- ⇒ Making friends
- ⇒ Developing hobbies and interests



Local support and services

Signposting you to local groups and services to support your wellbeing