



Meadows Community Garden:

Meadows Community garden behind the Bridgeway Hall Methodist Church. We are looking for volunteers to come and help this garden really flourish!

Our social prescribing team will be there every Tuesday 10:30am-1:30pm.

Come and join in the fun!



Create & Calm Coffee Morning:



Our social prescribing team run a coffee morning in The Meadows every Thursday at The Salvation Army on Arkwright Walk, from 10am –12pm. Why not come down and enjoy a cuppa tea and have a chat!

Seated Exercise Classes:

Our health and wellbeing coach will be running seated exercises classes for everyone to join in for FREE! They are currently running at The Salvation Army every Thursday morning 10am—10:30.

He is in the process of setting up a class at Clifton Library this is due to start from 4th September. This will be every Monday 10:00-10:30 or 10:30-11:00.



Meet the team:



Tina

Emily

Esther

Melanie

Nick

Social Prescribers

Health & Wellbeing Coach

Social Prescribing can help you **improve your wellbeing** in a way that suits you.

Our team will take the time to listen and understand **what matters to you**.

Help you find information on your situation, and support you to **connect** with services or activities that might help **you feel better**.

Health & Wellbeing coaching can help you with **building a healthier lifestyle and mind-set**.

Our team will take the time to listen and understand **what goals you want to achieve**.

To help support and guide you through these lifestyle changes, to promote a **healthier and happier you**.

If you would like more information or to self-refer please email:

nnicb-nn.splwcliftonandmeadows@nhs.net

You can also speak with your GP admin team to refer or ask for our leaflets!



Diabetes Event:



We hosted a diabetes event in Clifton, we had a variety of stalls including:

- Blood glucose testing
- Height & weight monitoring
- Blood pressure checks
- Foot checks
- Free refreshments
- Information and advice
- Community projects & initiatives
- Social prescribers
- Health & wellbeing coach

Thank you to those who attended, we received great feedback and we are looking forward to hosting another event soon!



Carers Roadshow:

The Carers Roadshow is coming to Clifton on: Friday 18th August at 10am—2pm!

There will be plenty of stalls offering free support and advice for all vulnerable people. There will be local organisations and charities dealing with a range of health and social care needs.

Also our social prescribing team will be in attendance, why not pop down and see what the team can offer.

NHS App:

Download the NHS app to be able to:

- Order repeat prescriptions
- Book & manage appointments
- View your GP health record i.e. Allergies & medicines
- View your NHS number

(Available on iPhone & android.)



NHS APP

The NHS App that lets you book appointments, order repeat prescriptions and access a range of other healthcare services.