



# North Tyneside Social Prescribing Service

We invite you to our monthly  
**Comfy Cuppa Club**

## Helping yourself and others

- Improve fitness • Increase mobility •
- Reduce anxiety • Manage depression •
- Learn new skills • Reduce isolation & loneliness •
- Become part of your local community •

North Shields Customer First Centre

# All welcome

A Partnership Initiative



Tyneside Mind is a registered charity 1140856



Age UK North Tyneside is a registered charity 1049527





**Come along to our  
Comfy Cuppa Club on:**

**Friday 2nd June**

**Friday 7th July**

**Friday 4th August**



**Friday 1st September**

**1pm to 3pm  
First floor  
community rooms**

**Future dates to be announced**

For more information call:

0191 280 8484

Our email and web address

[enquiries@socialprescribing.org.uk](mailto:enquiries@socialprescribing.org.uk)

[www.socialprescribing.org.uk](http://www.socialprescribing.org.uk)

The Social Prescribing Service, Bradbury Centre  
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