



# 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 5th January  
Friday 2nd February  
Friday 2nd March  
Friday 4th May  
Friday 1st June  
Friday 6th July  
Friday 3rd August  
Friday 7th September  
1pm to 3pm**



**Future 2018 dates to be announced  
First floor  
community rooms**

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)



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