



COME & CONNECT

Third Tuesday of each Month

Social Prescribing Drop-in Coffee mornings

This service is available to MK residents, 18+, who are registered with a GP

Social prescribing is a non-medical, person centred, approach focussing on what matters to you. We can support with signposting and accessing organisations and services that could benefit your current situation.

The Olney Centre

High Street, Olney, MK46 4EF

3rd Tuesday of each month

10:00am until Midday

Come & Re-Connect

FREE Refreshments.

Come & meet new people!

Information & support can be provided on, but not limited to:

- ♦ Loneliness & isolation
- ♦ Low level mental health
- ♦ Community services
- ♦ Debt management
- ♦ Housing



For further information contact Lucy Hurd on: 07523 512 645

