

<p><b>Monday 10th February</b></p>	<p><b>Get Together @ The Green</b> The Green Community Cafe on Clarence Park, Walmersley Road, BL9 6LL, 10.30AM - 2PM.</p> <p><b>A social drop in and community walk for individuals with learning disabilities, autism and mental health needs.</b></p>
<p><b>Tuesday 11th February</b></p>	<p><b>The Lines Walk &amp; Talk</b> Meeting at Tower Family Healthcare - Tottington Site, Market Street, BL8 4AD at 10.30AM.</p> <p><b>Join Demi for a walk along the lines and a brew and a chat in a local cafe.</b></p>
<p><b>Thursday 13th February</b></p>	<p><b>Social Prescribing at Bolton Road Methodist Church</b> Bolton Road, BL8 2NZ, 09.30AM - 12PM.</p> <p><b>Demi will be available to talk about what matters to you and what's available within your community.</b></p>
<p><b>Thursday 13th February</b></p>	<p><b>Social Prescribing at Christ Church - Ramsbottom</b> Great Eaves Road, Ramsbottom, BLO 0PX, 10AM - 12PM.</p> <p><b>Sonia will be available to talk about what matters to you and what's available within your community.</b></p>

**Thursday  
13th  
February**

## **Railway Ramblers**

Meeting at Nuttall Park Car Park, Nuttall Hall Road, Ramsbottom, BL0 9LZ at 1PM.

**Join Demi & Sonia for a gentle walk around Nuttall Park and a brew and a chat in a local cafe.**

**Social prescribing is a non medical, person centered, community based approach. It focuses on “what matters to me”.**

**It is a service that links individuals to community groups and services to improve their health and wellbeing. To self refer to our service, scan the QR code below with the camera on your smartphone.**



**For further information or if you do not have access to a smartphone to self refer, contact your Bury North Social Prescribers.**

**Demi - 07713 750459 and Sonia - 07398 051044,  
or email [nwch.socialprescribing@nhs.net](mailto:nwch.socialprescribing@nhs.net)**