



Social Prescribing Drop-In @Mondays at the Museum

What is Social Prescribing?

- Connecting to groups and activities
- Support into education & employment
- Reducing loneliness & isolation
- Finance, debt & benefit advice
- Improving anxiety, stress & low level mental health.

Location: **Tolson Museum**

**Ravensknowl Park, Wakefield
Rd Huddersfield HD5 8DJ**

● **11am - 3pm**

● **Monday 11 March**

Join our drop in session for more information