



**Personalised
Care Kirklees**
Social Prescribing



Mindful Mondays

Come along for a cuppa with a Mental Health Social Prescribing Link Worker and connect with other people.

Find out what support, services and activities are available in your local community to help you with your health and wellbeing.

Visit: Dewsbury Library, Railway Street, Dewsbury, WF12 8EQ

**Every Monday
2:00pm - 4:00pm**

These sessions are for patients registered at the following surgeries in Dewsbury and Mirfield:

Savile Town Medical Centre, Sidings Health-care Centre, Thornhill Lees Medical Practice, Windsor Medical Practice, Heald's Road Surgery, Albion Mount Medical Practice, Paddock Surgery.

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Calder View Surgery, Eightlands Surgery, Dr Mahmood & Partners, North Road Suite and Mirfield Health Centre.

For further information please contact Vicki Stratford on 07528 252002.

 **Kirklees**
COUNCIL