



HEALTH & HAPPINESS HUB PATCHWAY



Delivering with you

South Gloucestershire
Locality Partnership



Supporting adults with long term health conditions who want to make simple changes to improve their wellbeing and health.



WHAT TO EXPECT:

- A friendly, informal group supported by a dedicated team
- A chance to talk, laugh and share with others in similar situations
- A Health & Wellbeing Coach to help set personal goals and stay motivated
- Introduction to other local activities and services
- Exploring topics such as: Physical Activity, Sleep, Managing stress, Nutrition, Goal setting and Overcoming barriers.

WHO CAN ATTEND:

Adults living with one or more of the following conditions:

- Hypertension
- Diabetes
- Obesity
- Anxiety or Depression
- Chronic pain

WHERE AND WHEN:



Coniston
Community Centre
The Parade
Patchway
BS34 5LP



Thursdays
2pm – 4pm



Tea and coffee
provided

For more information about this free service, please ask your GP practice to refer you to the care co-ordinator for hubs.