

# Rural Alliance Social Prescribing

## GROUPS, DROP IN'S AND ACTIVITIES



**MONDAY**

### UNLEASH YOUR INNER ARTIST

Online with Lindsay, fortnightly on a Monday 1pm

Paint a set picture alongside Lindsay (a professional artist) in a fun and relaxed atmosphere. Absolutely no experience required, instruction is light-hearted and we invite all to switch off and do something different. Booking essential, contact Lindsay - [lindsay@heathboxcic.com](mailto:lindsay@heathboxcic.com)

### COUCH TO 5K **TUESDAY**

Kelsall Playground with Claire and Helen - Tuesdays 9.30am

A beginners running group, with the aim of running 5k in 10 weeks, running at your own pace, with a group. Improve your mental and physical health, whilst achieving a challenge and making friends. Booking essential, contact [claire@heathboxcic.com](mailto:claire@heathboxcic.com) or 07825 688340



**TUESDAY**

### CHATTY CAFE - TARPORLEY

Fuel @ Instinct Gym with Lindsay and Esta, 10-11am

A place to come and have a natter, meet new people and connect with your Social Prescribing Link Workers. All welcome - just drop in!

### TATTENHALL WELLBEING WALK **WEDNESDAY**

Tattenhall Playground with Charlotte and Rachel, 10.15am

A gentle stroll and chat. All welcome even if you can only manage a loop around the park. Get some fresh air, exercise and meet people in the area. Well behaved dogs on leads welcome. Contact Charlotte, [charlotte@heathboxcic.com](mailto:charlotte@heathboxcic.com) or 07706 322217



### **WEDNESDAY** MALPAS DROP IN

Buzz About baby & toddler group, High Street Church 9.30-11.30am (fortnightly)

(for parents or those interested in coming along to Buzz About)

Malpas Community Kitchen, Jubilee Hall from 12pm

(for anyone else wishing to find out about Social Prescribing or get support)

### BRAIN YOGA - KELSALL **FRIDAY**

The Morris Dancer with Esta and Lindsay, 12pm

A fun and easy quiz to help exercise your mind. A welcoming, friendly group of people who enjoy a chit chat, and answering some light hearted questions.

Booking essential, contact Esta [esta@heathboxcic.com](mailto:esta@heathboxcic.com) or 07874 855795



**Booking is essential (apart from the drop in)**

These groups are provided by the Healthbox Rural Alliance Social Prescribing team.

All groups updated Oct 2022

 Rural Alliance Social Prescribing Service

**HEALTHBOX**  
COMMUNITY WELLBEING SERVICES

**RURAL ALLIANCE**  
Providing NHS services