



FIND OUT MORE

# Colne Valley Wellbeing Hub

10am till 12 noon at Queen's Hall,  
Chipping Hill, Halstead CO9 2BY

Starting Monday 20th September 2021

Meet your Social Prescriber and Health Coach,  
Access information and support from Local Organisations,  
Services and Groups

eg, Friendship, Wellbeing, Mindfulness, Council Services, Meet  
your Local Police, Weight Management, Crafts, Walks, etc.

Chat to others over a cup of Coffee or Tea  
Take part in discussions, learn about what's on in your Local  
Community, Support your neighbours

Pop in and say **hello**



Colne Valley  
Primary Care Network