



FIND OUT MORE

Colne Valley Wellbeing Hub

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

Every 1st and 3rd Monday of Month

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

eg, Friendship, Wellbeing, Mindfulness, Council Services, Weight
Management, games, 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