



PRESTWICH SOCIAL PRESCRIBING



Tuesday 13 May 2025

9:30am - St Hilda's Walks - Join Susan and meet outside St Hilda's and enjoy a walk in Heaton Park before returning to St Hilda's for a brew.

9:30am - 11:30am - Join Joanne for brew, brunch and chat - The Croft at St Hilda's, Whittaker Lane, Prestwich.



12noon - Church Lane Walks - Join Robin and meet outside Church Lane community centre, Church Lane, Prestwich and enjoy a walk in and around Prestwich Clough then join us as the drop in afterwards.

1pm - 3pm - Church Lane Social drop in, Church Lane Community Centre, Church Lane, Prestwich M25 1AJ. Join Julie and enjoy lunch, a good chat, connect with people, find out and get involved with what's available locally, listen to guest speakers and see people from local services and organisations on your doorstep! Also join our mens Broken Biscuits table for a social get together.



Wednesday 14 May 2025

1pm - 2:30pm Let's Talk Neurodiversity! The Goods Inn, Whittaker Lane, Prestwich. Join Michelle and Julie at our support group for neurodiverse people and their carers.

6:20pm Prestwich Plodders - WOMEN ONLY Meet at St Margaret's Car Park in Heaton Park enjoy a walking, jeffing, running whichever works best for you. Ask for Justine on arrival.



Thursday 15 May 2025

Social Lunch - 10:30am - 12:30pm - The Croft, St Hilda's, Whittaker Lane, Prestwich. Struggling with your mental health, then join Julie and Michelle and find out more about available support or just join us for a chat. Also join our Broken Biscuits table for a men's social get together

11am - 12noon - Walking Tennis - Just turn up with a tennis racquet and ask for Stephen, St Marys Park tennis courts, Prestwich

Come along or contact your social prescribers for more information.

For patients at Whittaker Lane, St Gabriel's, Fairfax Julie.marshall63@nhs.net or 07713 750 458

For patients at Longfield, The Birches, Greylands

Joanne.murray29@nhs.net or 07957 631 435