



Please join us for our

# Free Health & Wellbeing Breakfast Mornings

Every Thursday morning during November

**Kids welcome, breakfast provided, arts and  
crafts available**

- Thu 6<sup>th</sup> – Find out what **health support** and **activities** are available locally
- Thu 13<sup>th</sup> – Get advice on **mental health** and **wellness support**. Participate in a relaxation session with Space to Breathe
- Thu 20<sup>th</sup> – Hear about what **support** you could get for **health costs** and the **cost of living**
- Thu 27<sup>th</sup> – See how you **help people** with **health needs** such as SEND or dementia and what support you could access

space to  
breathe

**Drop in anytime between  
9:00 am – 11:30 am**

**Richmond Park & Birklands  
Community Centre**

Richmond Park Drive, S13 8HH



Get in touch:  
You can **call** us on **0114 253 6688** or  
**email** us at  
**info@healthwatchsheffield.co.uk**