



**6pm to
7.30pm
starts Monday
15th January
FREE**

WELLBEING GROUP

A surgery based group designed to give you a space to chat about wellbeing & mental health, try out techniques and gain support.

Chapelgreen Surgery, 1 Bevan Way,
Chapelton, Sheffield S35 1RN

**Dates 15th January, 19th February, 18th
March, 15th April 2024**

**Monthly on 3rd
Monday of
month**

(space to
breathe)



*Lived
Experience
Team
Sheffield*

Enabled by a Lets Build Health grant
from SOAR & PKW

Contact Us

Ring the surgery on 0114 232
9030 or email
info@spacetobreatheuk.com


SOAR
Supporting people to
make positive changes

PEOPLE KEEPING WELL
PKW
IN THEIR COMMUNITY