

Social Prescriber Newsletter

March Edition

CHAIR BASED EXERCISE



Our first 2 sessions have been a great success. It's all about improving **flexibility, strength, circulation, coordination** and **increasing self-esteem and confidence**.

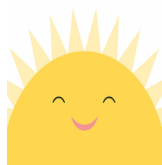
But most importantly meeting people and having fun.



If you are interested in the next set of sessions, **please register your interest as there are limited spaces 01253 955411.**

Social Prescribers Walk and Talk

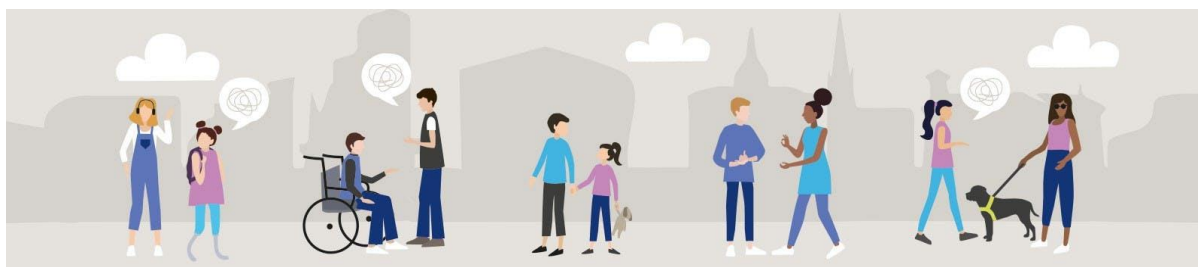
Hello
Sunshine!



As we approach spring, we hope for some slightly warmer weather. We plan to start our walk and talk in April. For anyone who has not attended before it is a walk for all abilities around Anchorsholme park. Bring your scooter, wheelchairs, your dog. Benches are situated around the park for short rests and we finish in the café for coffee and cake/ scone if you like.

All welcome, more the merrier

As before we will meet at the café in Anchorsholme Park, FY5 1LY. Dates and times to be confirmed and weather Permitting... To register your interest please call the social prescribers on **01253 955411**



**Cleveleys In Bloom 2024
Spring Raffle**

All proceeds used to make the town look lovely!

Tickets £1 - ko-fi.com/careforcleveleys/shop

Also available at:
Phillips Jewellers
Plush
Kays Fish and Chips
The Tramway
The Venue

Prizes Include:
1 night Bed & Breakfast for 2 people at the Leonardo Hotel, Manchester Piccadilly
Framed A3 photographic print of Mary's Shell
1L Beefeater London Dry Gin
70cl Old Hopking Dark Rum
£30 Glasshouse Voucher
£30 B&M Voucher

To be drawn at 30 March Easter Event

Care for Cleveleys | CleveleysTCG.org.uk | Cleveleys Town Centre Group Ltd. Reg No: 07968609



Calling all Ladies and Gentlemen
who love Cleveleys.

Please help the volunteers carry on their
great work by supporting the In Bloom Spring
Raffle. A selection of great prizes to be won
and ALL proceeds go towards making the
town look lovely this year.

You can get tickets from retailers and online
following this link ...

<https://ko-fi.com/s/05bf9fe937>

**Beauty against the Big C
Service Menu**

Providing free beauty treatments and holistic therapies to those affected by Cancer, either directly
or through a loved one.

<u>FACIAL TREATMENTS</u>	<u>WAX & PEDICURE TREATMENTS</u>
6-in-1 Hydrofacial LED Light Therapy Dermaplaning Microdermabrasion ***Lash & Lift Tint	Brow Wax ***Brow Wax & Tint ***Henna Brows & Wax ***Brow Lamination Upper Lip or Chin Wax Leg Wax Pedicure
Also available Reiki Healing ***Microblading	PLEASE NOTE Treatments marked with *** require a skin test prior to treatment

**Fylde opportunities trust provide free
beauty treatments to those effected by
cancer.**

They are now accepting bookings from
Monday 26th February.
Please email if you would like to book in
or nominate a friend or loved one. You
can also contact the numbers below:

Fylde-opportunities-trust@outlook.com

07792725457

07806706805

Useful Numbers

Care and repair

01253 857569

Age uk

0300 303 1234

Community cars

01772 516208

Adult social care Blackpool

01253 477800

Adult social care LCC

0300 123 6720

