The difference SPRING makes:

"Thank you very much for helping me to regain my confidence and improve my mental health"

"The help that you have given me has given me the courage to try new things and get out of the house"

"I have just completed a basic computer course and am attending a craft club and looking to do more workshops"

"This is something that I would not have considered doing before being supported by the SPRING project!"

For more information contact:

the hub
your community action centre
24-26 Friars Vennel
Dumfries
DG1 2RL

01387 269161
07434 366125
spring@thehubdg.org.uk
www.thehubdg.org.uk

Contact us if you require this leaflet in an alternative format

The Hub Dumfries and Galloway
A Scottish Charitable Incorporated Organisation
Scottish Charity Number SC043384

the hub – your community action centre provides affordable, accessible co-working space and development support for not for profit groups and organisations. Meeting and training rooms are also available. We develop and deliver a range of projects and services that assist people and local communities.
Working together - making a difference!

SPRING
Social Prescribing

A Community approach to Health and Wellbeing

SPRING Social Prescribing can help you address your **social, emotional** and **practical** needs by **connecting** you to **sources of support** within your **community**

People experiencing social isolation, low mood, mild depression, long term health conditions or physical inactivity can refer to SPRING

Get in touch for a friendly chat to see how SPRING could assist you

Could SPRING be for me?

Activities include:

- **Social Groups**
  (Social distancing or online)
- **Outdoor activity**
- **Improve IT Skills**
- **Arts and Crafts**
  (Social distancing or online)
- **Mindfulness**
- **Advice**
- **Volunteering**
- **Income maximisation**
- **Counselling**
- ***And many more****….*

SPRING
Social Prescribing

Contact us at the hub to talk about a referral to the SPRING project. Once you are referred our Social Prescriber will contact you to arrange a time to chat

You design your plan
We will then work together to create a plan that works for you and is built around your strengths to improve your health and wellbeing

Take control of your life
SPRING works to encourage you to take control of your own health and wellbeing goals and make long term changes for a healthier, happier and more fulfilled life