

## 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 has given me the courage to try new things and get out of the house"

"I have just completed a basic computer skills course and I am now attending an online 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**  
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DG1 2RL

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**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!*



## 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 benefit from **SPRING**

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

## Could **SPRING** be for me?

### Some activities available:

- ◆ **Social groups**
- ◆ **Outdoor activities**
- ◆ **Improving IT skills**
- ◆ **Mindfulness**
- ◆ **Arts and craft**
- ◆ **Volunteering**
- ◆ **Walking groups**

*And many more ....*



### Contact us

To find out more about how the **SPRING** project can assist you

### You design your plan

We will work together with you to create a plan that works for you to improve your health and wellbeing

### Take control of your life

We will support you to take control of your own health and wellbeing goals to make long term changes for a healthier, happier life