

The difference SPRING makes:

"I can't believe how many activities the SPRING team helped me to try out and they didn't stop until the perfect match for me was found and their help has made a huge difference to my life"

"The SPRING Project is amazing and the world needs more Social Prescribing!"

"I was terrified of computers and I have now completed a basic computer skills course and my new skills have opened up a brand new world to me"

"I've lived with my mental health condition for 27 years and SPRING is the first ever project that I feel really listened to me"



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

The Hub Dumfries and Galloway
Scottish Charity Number SC043384



**Would you like to
improve your
mental health and
wellbeing?**

We look forward to
hearing from you.

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What is SPRING Social Prescribing for and why?

SPRING Social Prescribing is a way to connect people to activities, groups and services based in their community that can help to improve their health & wellbeing.

SPRING Social Prescribing is for anyone experiencing social isolation, feeling low or lonely, anxious, physically inactive or living with a long term health condition.

To find out more about how SPRING could assist you, please get touch for a friendly chat.



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 ...



A Community Approach to Health & Wellbeing

Spring

Offers one to one support to help you build on your strengths and identify areas to help you to improve your social, physical and mental wellbeing

You design your plan

We will work together with you to create your own personalised health action plan, 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 the better.