

SOCIAL PRESCRIPTION

PATIENT NAME	DATE OF BIRTH
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ADDRESS

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TELEPHONE	EMAIL
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SIGNED	DATE	PREFERRED METHOD OF CONTACT EMAIL <input type="checkbox"/> TEL <input type="checkbox"/> POST <input type="checkbox"/>
By completing and returning this form you are consenting to Glenwood Centre organisers contacting you.		

AREAS OF INTEREST

Please tick the areas of interest below and we will contact you with information and support to attend the most relevant activity for you.

PHYSICAL ACTIVITY AND EXERCISE

Explore community based exercise such as:

- Men's Keep Fit: Thurs 8pm-9.30pm
- Running group: Thurs 6.30pm-7.30pm [V]
- Indoor bowls: Thurs 2pm-4pm
- Walking group: Monthly on a Wed [V]
- Yoga: Tues 11.45-1pm [PH]

YOUTH ACTIVITIES

- KICK – (football club) school years 7-13
Tuesday 4-5.15pm, 50p
- MUD – School years 7-13
Thursdays 7-9pm, £1
- Cricket club – Monday 4pm-5pm

SOCIAL GROUPS FOR OVER 65

- Lunch club: Thurs 1pm-2pm
£3 for a 2 course meal
- Knitting group: Thurs 2pm-4pm 50p
- Indoor bowls: Thurs 2pm-4pm 50p
- Elderfit: Strength and Balance -12.45pm [PH]

CHILDREN'S ACTIVITIES

- Rhymetime –Tues 10.15am -10.45am (PH)
- Kid's Crafts – Sat – 10am-12pm (PH)

NUTRITION AND HEALTHY COOKING

- Explore ways to become healthier through healthy cooking sessions and learning about nutrition. Open to all ages. One session every week for 6 weeks. Dates to be confirmed

PERSONAL DEVELOPMENT COURSE.

- This course will be held over 6 weeks and will help you to be able to identify and work towards achieving change in your life. It will develop communication and presentation skills, as well as building confidence, self-awareness and self-esteem. 6 x 2 hour sessions over 6 weeks

FOODBANK

- Foodbank centres will provide you and your family with an emergency food parcel which will last between 3-5 days. If you express an interest we can contact you with the most local venue to your address to collect vouchers

THE JUNCTION

- The Junction provides a safe space and support for anyone who is experiencing an unintended pregnancy or has experienced any form of baby loss. This service is free, confidential and non-judgemental. Sessions are by appointment

SPEAKING ENGLISH AS A FOREIGN LANGUAGE

- Individual / small group sessions on speaking English as a foreign language. Tuesdays and Wednesdays by appointment, free, 1 hour weekly sessions

IN2WORK JOB CLUB

- At The Powerhouse Hub. Thursdays 9am-5pm

LOCATIONS

The majority of these activities are held at Glenwood Centre and FREE to attend unless stated otherwise.

Key: PH - Powerhouse V - Various locations

Glenwood Church, Circle Way West, Llanedeyrn, Cardiff CF23 6UW (A registered charity: 1125128)

**Please return this completed form to
Llan Healthcare Reception Desk**