HEALTH & HAPPINESS HUBS

"Life is just better since I came to the hub."

Explore simple ways to make you feel healthier & happier in a fun, caring, friendly group.



WANT TO FEEL HEALTHIER, HAPPIER & MORE CONNECTED?

Health and Happiness Hubs are free, friendly groups for people who want to make small, positive changes to their health and wellbeing.

WHO IS IT FOR?

- People living with pain, anxiety or a long-term health condition
- People who want to feel healthier, happier and more socially connected
- Adults registered with a GP surgery in South Gloucestershire

WHAT TO EXPECT

- A welcoming space to talk, listen and laugh with others
- Practical ideas and activities to support change
- Connections to local activities and services
- Time to focus on what matters to you

WHERE & WHEN

Locations within South Gloucestershire – see our website for days & times

HOW TO JOIN

- Internet – search for *Health and Happiness Hubs - Southern Brooks*
- Self-refer through our website **https://southernbrooks.org.uk/health-and-happiness-hubs**
- Scan the QR code on this poster
- Ask your GP practice, care coordinator or social prescriber to refer you

TAKE THE FIRST STEP TODAY. SMALL CHANGES CAN MAKE A BIG DIFFERENCE.

Tea and coffee provided

SCAN ME

SOUTHERN BROOKS
connect support thrive

South Gloucestershire Locality Partnership

South Gloucestershire Council
Delivering with you