



**WAYS TO WELLBEING**

GIVE      CONNECT  
KEEP LEARNING      TAKE NOTICE

creative arts courses that build community, connections and confidence through creativity



Trumpington Community Orchard



**Knit One GIVE ONE**



**TRUMPINGTON STITCHERS**

Growing, nature connection and creativity



Recovery hub: groups and activities  
Vibrant Community café, food hub  
351 Mill Road, Cambridge CB1 3DF



Connect with like-minded people in your community  
CPSL community



Cambridge Women's Resources Centre a welcoming and accessible women's community space



help to make lifestyle changes - to stop smoking, lead a more active lifestyle, lose some weight



**Clay Farm Surgery Allotment**

We have Plot 38 at the Clay Farm Allotments for Gardening for Health



Opportunities to take part in sport or physical activity to improve your fitness and get healthier



a friendly, short, group walk, within easy reach of where you live, to help you become and stay active and connect with others



Cambridge United Wellbeing Walks  
Arbury Leisure Centre, Abbey Leisure Complex, Trumpington Park and Ride



Edge Cafe to CoFarm second Thursday of every month, from 2-3pm.



Monthly guided walks around the Cambridge University botanic garden



Mindfulness in nature activities at Nightingale Gardens



**VIPs**  
(Very important pensioners)

When?  
The 2nd Wednesday of the month except August  
1030-1200

Where?  
Trumpington Pavilion



if you

- feel lonely or isolated
- need support with your mental health
- would like to be more active or lead a healthier lifestyle
- care for someone with a long term condition
- have money or housing problems

a social prescribing link worker can help by connecting you to your local community and/or linking you to a range of activities such as arts, group learning, gardening, befriending, cookery, healthy eating advice and physical activities, as well as support you to access benefits or housing advice. Ask at your GP surgery for more information.