

Chesterfield Wellbeing Hub and Support Café



Join us any Wednesday, between 10.30am and 12.30pm

**Chesterfield Wellbeing Hub
Low Pavement
Chesterfield S40 1PB**

Every Wednesday

Mental health support café: a mental health recovery worker will be here to offer guidance, support, a listening ear, as well as pathways to all local support.

Derbyshire Recovery & Peer Support Service

First Wednesday of the month

Art and Minds: a friendly peer led support group, we listen and support while participating in art and crafts.



Third Wednesday of the month

A sexual health promotion practitioner will be here for all sexual health needs.



Fourth Wednesday of the month

Carers can come along and chat with a Carer Support Worker from Derbyshire Carers. Association.



We're open to everyone who would like advice, guidance, and support on all aspects of their mental, sexual, physical health & wellbeing, plus any caring responsibilities you may have.

We have brought together support organisations in one place, including a mental health recovery worker, a sexual health promotion practitioner, a carers assessment and support worker, and volunteers who have lived experience of mental ill health. All will be on hand to listen, offer support and help guide you to additional and appropriate pathways of support.

Plus, a local peer led art and craft group called Art and Minds.

All helping to improve mental health and wellbeing in Derbyshire.

- Free to access •
- No referral needed • All are welcome •
- Come along and say hello •

A listening ear

Wellbeing



For further information please call 01773 734989, or email the service at DerbyshireRecoveryPeerSupportService@rethink.org