

THE GET TOGETHER



Do you have an older male patient who presents as lonely or socially isolated?

Do they feel disconnected or want to meet people?

Have they recently lost a partner or had a close bereavement?

Are they retired or have stopped working and feeling of little value to others?

If the answer is yes, I may have a solution to support them...

A weekly men's group open to all male patients registered with the Shoreditch Park and City PCN.

This group will act as a drop-in session for men who want to sit down and have a chat with free tea/ coffee and biscuits.

This is not a support group in the conventional sense however the aim is for them to feel supported and stay connected through social engagement.

Please note this is not a mental health or drug and alcohol support group. This is a safe space for Men to Get Together to Socialise and Connect.

Please forward any expressed interest
Sahir.ahmed@nhs.net
(Social Prescriber)



Shoreditch Park and City PCN



Building
stronger
families