

Fed up of lockdown?

Are you 16-24 and registered with Arden Medical Centre, Balsall Common & Meriden Group Practice, Dorridge Surgery or Hampton Surgery?



Solihull Rural Primary Care Network & Living Well UK can help you improve your overall wellbeing in a new and exciting way.



Join us on our FREE 6 week outdoor swimming lessons - all we need from you is commitment to attend and you sharing your thoughts before and after the project.

When: 31st August, 7th, 14th, 21st, 28th September and 5th October 2021.

Where: Dotshill Quarry, B77 1LL

Contact us: nhsbsolccg.solihullruralpcn@nhs.net

Transport at collection/drop off point, food & refreshments and access to qualified staff on site.

Living Well
UK