

NATTER CAFE

We are a free and easy to access peer to peer support group, for the older adult.

The group is for those who are in need of a little extra support, or want to feel less isolated and make new friends

We offer a safe environment for members to help provide that extra support for others by each offering an understating listening ear over a cuppa.

The group is a relaxed, drop in style with free refreshment.

Every Monday

1 pm - 2:30 pm

**The Wellbeing Hub, Low Pavement,
Chesterfield**

If you are worried about attending for the first time, please call in to the wellbeing Hub and talk to the friendly staff and volunteers, you can also contact us in advance, to ask any questions and to seek support in attending the group by emailing us:

DerbyshireRecoveryPeerSupportService@rethink.org or call our single point of access number on **01773 734 989**