

# Wirksworth In Support of Health

<b>Group/Organisation Address:</b>	Wirksworth Town Council, Wirksworth Town Hall, Coldwell Street, Wirksworth Derbyshire
<b>Email:</b>	<a href="mailto:wishinwirksworth@gmail.com">wishinwirksworth@gmail.com</a>
<b>Website:</b>	
<b>Postcode:</b>	DE4 4FB
<b>Telephone Number:</b>	01629 822434
<b>Access Times:</b>	Please contact Via telephone On 01629 822434 for further information
<b>Extra Information:</b>	<p>WISH is a depression and anxiety support group run by a team of committed volunteers, supporting people with mild to moderate depression and anxiety.</p> <p>It offers a listening ear, information and reassurance. Come and:- have a quiet chat over tea or coffee</p> <p>Enjoy a range of games such as Scrabble, Droughts, Qwirkle, etc. attend an occasional creative workshop on self-help to be agreed by the group</p> <p>make a difference to others by sharing your experiences gather information with access to leaflets, books, advice, etc. sit quietly reading most importantly members can contribute their ideas to broaden the programme</p>
<b>Type of Services:</b>	Voluntary Support Group
<b>Type of Condition or Health Subject:</b>	Depression & Anxiety
<b>Date Created:</b>	15/08/2017
<b>Review Date:</b>	12/09/2017

---