## Huddersfield Fibromyalgia Group

Are you living with this debilitating condition?

If your answer is yes, then this is the group for you. We are a friendly, caring and supportive group. Come and meet new friends in a safe, secure and confidential environment. We all have lived experience of the pain and suffering of living with Fibromyalgia. Come and share your problems and view with others who understand and feel as you do. In constant pain, lack of sleep, professionals don't seem to understand or don't have the answers.

Free Tea & Coffee available

Meet every Friday 10 -11am

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At The Focal Centre (Next door Salvation

Army), New Hey Road, Oakes,

Huddersfield, HD3 4DD

For more information contact Presley Douglas, Social Prescribing Link Worker

presley.douglas@kirklees.gov.uk or enquire at your GP Practice.