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**CREATED WITH
YOU IN MIND**

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Support available

- TELEPHONE BEFRIENDING
- TEXT/PHONE/WHATSAPP CHECK IN SERVICE
- SHOPPING & PRESCRIPTIONS
- WALK AND TALK 1:1 SUPPORT
- MENTAL WELLBEING WORKSHOPS
- THE WAY FORWARD ANXIETY GROUP
- RELAXATION WORKSHOPS

**IF YOU OR SOMEONE YOU KNOW NEEDS
OUR SUPPORT WE CAN MATCH TO ONE
OF OUR SERVICES.**

**CALL ONE OF THE FOLLOWING MEMBERS
OF STAFF:**

**GRAHAM 07506304440
MARY 07506304487
AMANDA 07506304472**

