

Are things a bit difficult at the moment?

Need some help and not sure where to turn?

Rees Centre
Wellbeing Hub



We can offer information and advice to get you the support you need. Just a few of the things we can help with.....

★ **Work and benefits advice and applications** ★

★ **Accessing mental health support** ★ **Finding things to do** ★

★ **Getting online** ★ **Being healthier** ★ **Volunteering** ★

★ **Debt support** ★ **Health Advocacy** ★ **Befriending** ★

★ **Parenting and caring advice** ★

Please contact us to speak to our Community Advisor confidentially

☎ **01752 340550** ✉ **enquiriesrees@gmail.com**

📘 **The Rees Centre Wellbeing Hub**