



Having our say
as people first

Opening Doors



01603

631433



Monday	✓
Tuesday	✓
Wednesday	✓
Thursday	✓
Friday	✓
Saturday	
Sunday	

You can call us for information and advice or just a chat.

We will answer our phones everyday 9am to 5pm Monday to Friday as normal.



Check Facebook and twitter regularly for information and updates to stay safe.



We will put games and puzzles online to help you pass the time.

Our staff will check Facebook and twitter to keep in touch.



Our Bupa Project trainers will have tips for helping your mental health and wellbeing. We will put these up online.