

Contact us

Friendship Care and Housing

General enquiries 0300 123 1745

Direct Dial 02476 848133

Text 60066 (start your text with fch)

E-mail friendship@longhurst-group.org.uk

Head Office

50 Newhall Hill, Birmingham B1 3JN

Bedworth Well-being Hub

97 Leicester Road, Bedworth CV12 8AH

Nuneaton

Queens Road Well-being Hub

183 Queens Road, Nuneaton CV11 5NB

Web

www.fch.org.uk



For a different language or format, please contact us.

如果您需要其他语言或格式的帮助，请联系我们

В случае необходимости получить информацию на другом языке или в другом формате просим связаться с нами.

Pour tout autre langue ou format, veuillez nous contacter

بر ہر زبانگی فر بیان ہر شیڈز کی، تکلیف پہنچو میڈیاں بیوہ بک

विने वी वर बस मा गुा खी विवर वर माड नार मार वर।

Haddii loo baahdo lugad kaleana qaab kale loo

sameeyo, fadlan nala soo xiriir

কোন ভাষা অথবা তথ্যের সঙ্গে যোগাযোগ করুন

لای لفتہ او صیغہ آخری بر جاء الاتصال بنا

کسی دیگر زبان یا شکل کے لیے ہوائے مہرانی ہم سے رابطہ کیجیے

business for neighbourhoods

INVESTORS IN PEOPLE Silver

2010-2011

Public Health

Warwickshire

Warwickshire County Council

280

A member of Longhurst Group

Warwickshire Well-being Hubs

call in to see us at one of our drop-in centres



Revised November 2012

We listen when you need us and here to help whenever you ask...

If you struggle with mental ill health or general well-being, why not call into one of our well-being hubs?

Our friendly staff can provide the information you need and offer support and advice. We can also signpost you to services dealing with issues including:

- mental ill health
- drugs or alcohol
- domestic violence
- benefits
- accommodation
- voluntary opportunities
- social activities
- health and well-being
- direct payments or individual budgets.

One to one support

Our one to one support service can help you achieve your goals. We can offer up to six, 30 minute weekly sessions.

Mary* has lived with depression for years. During that time she survived an abusive marriage, brought up four children on her own and overcame many other obstacles. Unsurprisingly, Mary's mental health wobbled at times but she tried to maintain a normal life.

We have supported Mary's recovery over the years and seen her self-esteem and confidence blossom. She now runs a women's only group and has taken up volunteering opportunities.

**name changed to protect identity*

Well-being Hubs

opening times (from June 2012)

Bedworth	Nuneaton	Mancetter
Bedworth Well-being Hub, 97 Leicester Road, Bedworth CV12 8AH	Queens Road Well-being Hub, 183 Queens Road, Nuneaton CV11 5NB	St Peter's Church Hall School Room, Mancetter, Atherstone CV9 1NQ
Wednesday: 5pm – 8pm	Tuesday: 5pm – 8pm	Monday: 9am – 12pm
Friday: 5pm – 8pm	Thursday: 5pm – 8pm	Friday: 1pm – 2.30pm