

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

Bedworth
Well-being Hub,
97 Leicester Road,
Bedworth
CV12 8AH

Wednesday:

5pm – 8pm

Friday:

5pm – 8pm

Nuneaton

Queens Road
Well-being Hub,
183 Queens Road,
Nuneaton
CV11 5NB

Tuesday:

5pm – 8pm

Thursday:

5pm – 8pm

Mancetter

St Peter's Church
Hall School Room,
Mancetter,
Atherstone
CV9 1NQ

Monday:

9am – 12pm

Friday:

1pm – 2.30pm

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

ہو ہر زمانی تر یان ہر شیوازیکی تر، نکایہ یہیوہندییمان پیوہ بکہ

बिसे वी वर बाभा नां तुप लयी विरपा वरवे साडे ठाल संपरव वर।

Haddii loo baahdo luqad kaleama qaab kale loo sameeyo, fadlan nala soo xiriir

অন্য ভাষা অথবা তর্জমার জন্য আমাদের সঙ্গে যোগাযোগ করুন

لأى لغة أو صيغة أخرى برجاء الاتصال بنا

کسی دیگر زبان یا شکل کے لیے برائے مہربانی ہم سے رابطہ کیجیے



business for neighbourhoods



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WARWICKSHIRE



Warwickshire
County Council



Wellbeing Hub



A member of
Longhurst
Group