live well link well

United in Kind

Connecting our community with kindness



Are you looking to make changes to improve your social, physical and mental wellbeing?



People need support for a range of different reasons. Sometimes these can be caused by matters such as loneliness, anxiety, unemployment or debt.

Live Well Link Well enables people to quickly access non-medical support and information that will help them to understand the underlying circumstances and improve their wellbeing.

Live Well Link Well

Live Well Link Well is free and confidential support of a non-medical nature. We can help you with:

- **Healthy living**
- **Quitting smoking**
- **Physical and mental wellbeing**
- **Independent living**
- **Mobility and equipment**
- **Home adaptations**
- **Safety and security**
- **Looking after someone**
- **Social Inclusion**
- **Getting out and about**
- **Money worries**



How do I access the support?

If you are aged over 18 and live in Essex (excludes Southend and Thurrock) you can contact us.

T: **0300 303 9988** (Monday to Friday from 8am – 7pm)

E: **livewell.linkwell@nhs.net**

If you are a Health or Social Care professional who wants to refer someone, please use the contact details above.

Live Well Link Well in Castle Point and Rochford is commissioned by Essex County Council, Public Health and NHS Castle Point and Rochford Clinical Commissioning Group. It is delivered in partnership by Community Agents Essex, Essex Lifestyle Service and CAVS Ways to Wellness.

Essex Lifestyle Service

Better Together Cavs

Essex County Council

Community Agents Essex
Supporting independent living

NHS
Castle Point and Rochford
Clinical Commissioning Group