

# Ways to Wellness

## Simple Ways To Enrich Your Days

Aiming to improve your health and wellbeing by directing you to services available in Castle Point and Rochford.



## Information, Advice and Guidance

Let us help, advise and guide you to the fantastic local services that are available in the community that will help with your particular needs such as:

- Information and Advice Services
- Lifestyle Changes, Family Support
- Health Support (emotional & physical)
- Volunteering
- Befriending
- Community Transport
- Social Groups and Clubs
- Carer Services

To find out more about the Ways to Wellness Service, contact our team on:



01268 214 000



[wellness@castlepointavs.org.uk](mailto:wellness@castlepointavs.org.uk)



[www.cavswellness.co.uk](http://www.cavswellness.co.uk)



Castle Point Association of Voluntary Services Ltd. Registered Charity No. 1103968

