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

www.cavswellness.co.uk

Better Together Cavs

Essex County Council

NHS

CAVS Ways to Wellness

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