

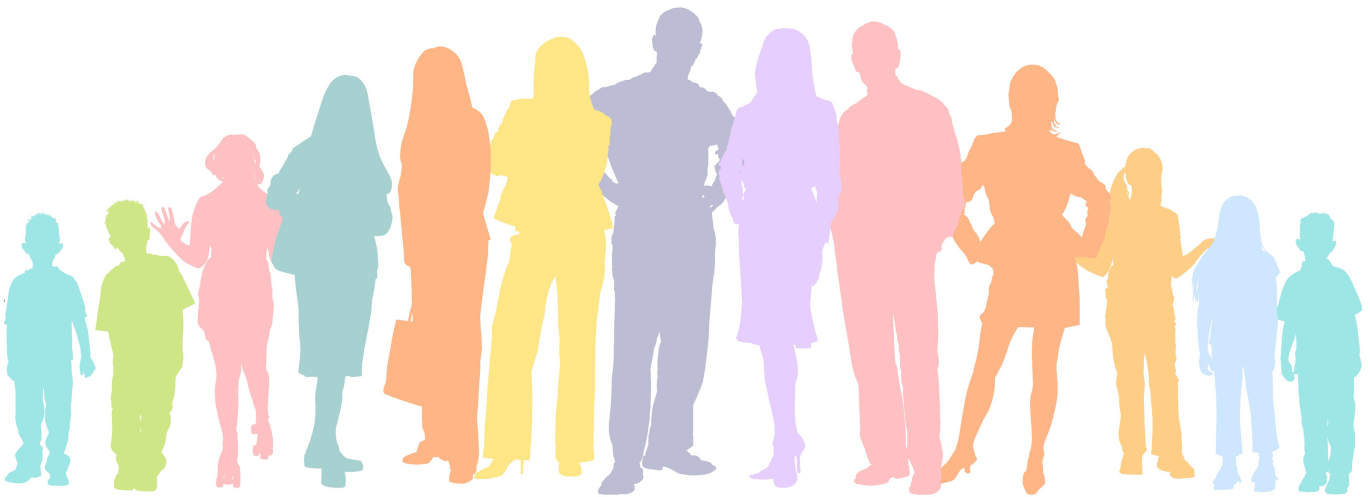
**Rees Centre
Wellbeing Hub**



Your wellbeing matters

In today's busy world, finding the right kind of support and services that we need can be a challenge.

If you live in Plympton, the Rees Centre Wellbeing Hub can offer information, advice and guidance to help you access a wide range of services and support.



**WELLBEING HUBS HELP CONNECT
YOU WITH ORGANISATIONS,
INFORMATION AND ACTIVITIES
THAT CAN HELP IMPROVE
YOUR OVERALL WELLBEING**

**Believe in
children
Barnardo's**

Working in partnership with





Mental wellbeing

- * Mental health
- * Stress, anxiety and depression
- * Wellbeing workshops
- * Counselling
- * Peer support
- * Loneliness
- * Bereavement

Financial wellbeing



- * Debt
- * Budgeting
- * Benefits advice and applications
- * Access to employment, education and training
- * Foodbank referrals



Physical wellbeing

- * Health conditions
- * Increasing activity
- * Healthy eating
- * Personal and home safety
- * Overcome addictions

Social wellbeing



- * Volunteering
- * Groups and activities
- * New skills
- * Building confidence
- * Loneliness and isolation



Family wellbeing

- * Antenatal care
- * Children's Centre groups
- * Family law
- * Separation and divorce
- * Family learning
- * Parenting support, advice and courses
- * Youth support



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Find us on



The Rees Centre Wellbeing Hub

The Rees Centre, Mudge Way, Plympton PL72PS