



What could
you do
today?

Simple ways to enrich your days

Linking you to resources in the Castle Point and Rochford area to help improve your health and wellbeing.

Call us and find out how we can help to find interests or hobbies that you'll enjoy to improve your lifestyle.



01268 638405



wellness@castlepointavs.org.uk



www.cavswellness.co.uk



In partnership with Castle Point and Rochford CCG and Essex County Council. Ways to Wellness has been funded by the Transformation Challenge Award, from the Department of Community and Local Government (DCLG) through Essex County Council and supported by Public Health. The initiative has been developed by a wide range of organisations working in partnership, including voluntary organisations, local councils, health, housing and GP practices.

Simple ways to enrich your days.

Linking you to resources in your community to help improve your health and wellbeing.

Ways to Wellness aims to improve your health and wellbeing by introducing you to activities and opportunities available in your community.

Call us and find out how we can help to find interests or hobbies that you'll enjoy to improve your lifestyle. Whether you're young or mature, wish to be more active or have a keen interest in other community groups, we can help find what's right for you. For example:

- Volunteering
- Lunch Clubs
- Parent & Child Services
- Social Groups
- Befriending
- Information & Advice
- Community Transport
- Outdoor Activities

For more information on how we can help you find simple ways to enrich your days contact us now on:



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