Winter is here – The Community Wellbeing Hub is here to support staff, their families and patients across B&NES

As the winter nights draw in and the temperatures drop it is the hardest time of year for those struggling with **finances, housing,** and **mental health**.

The **Community Wellbeing Hub** is here to support those through this difficult time, from getting access to **low cost food,** to advice on **income and debt** or **employability support** to receiving **befriending calls,** we are here to help.

In addition, we are here to improve physical health such as **stopping smoking**, achieving a **healthy weight** or being more **active**.

Please don’t hesitate to get in touch via the details below

