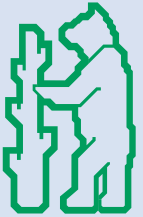


About... Community 1 to 1 Service

NHS

Warwickshire



Warwickshire
County Council

For a different language or format, please contact us.

如果您需要其他语言或格式的帮助，请联系我们

В случае необходимости получить информацию на другом языке или в другом формате просим связаться с нами.

Pour tout autre langue ou format, veuillez nous contacter

بۆ ھەر زمانىڭكى ئۇ بان ھەر شىۋازىڭكى ئۇ، تىكايە بايۋەندىيىمان بىۋە بىكە

विसे बी वेड बाबा नां तुप हरी विरवा बरवे साबे ताम मीपठव वटे।

Haddii loo baahdo luqad kaleama qaab kale loo sameeyo, fadlan nala soo xiriir

অন্য ভাষা অথবা তথ্যের জন্য আমাদের সঙ্গে যোগাযোগ করুন

لأى لغة أو صيغة أخرى برجاء الاتصال بنا

كسى دىگر زبان يا شكل كى ليىد برالى مهربانى بىم سىد رابطة كىچىد



business for neighbourhoods

About... Community 1 to 1 Service

What Community 1 to 1 offers you?

If you are experiencing or recovering from mental health issues, we can offer you an individual support package for up to 10 weeks, designed by **you**, to meet **your** needs. Activities include:

- ▲ sports and leisure - swimming walking, badminton;
- ▲ social events - concerts, cinema, women's institute;
- ▲ health and well-being - yoga, gymnasium activities;
- ▲ hobbies - art, pottery, fishing, photography;
- ▲ using public transport - travel training, route planning;
- ▲ the list could be endless!

What Community 1 to 1 means to you?

- ▲ help in establishing social contacts;
- ▲ assistance in improving your independence and self-esteem;
- ▲ broadening your knowledge of the services and events that are available in your area;
- ▲ individual support to enable you to actively take part in your chosen activities, interests or hobbies;
- ▲ access to the internet;
- ▲ signposting to other services.

Who is eligible?

Our Community 1 to 1 Services are for people who:

- ▲ are over 18 years of age;
- ▲ live in the Nuneaton, Bedworth or North Warwickshire area;
- ▲ are experiencing or recovering from mental health issues.

Contact us

Community 1 to 1 Co-ordinator
Bedworth Wellbeing Station
97 Leicester Road
Bedworth CV12 8AH

Tel: 024 76 317125 ext 224

Community Support Floating Support

Bedworth Wellbeing Station
97 Leicester Road
Bedworth CV12 8AH

Tel: 024 76 317125

Gwenda House

(Crisis Support Accommodation)

Tel: 024 76 350198

Resource Cafe

Queens Road Wellbeing Station
183 Queens Road
Nuneaton CV11 5NB

Tel: 024 76 350198

