



Enfield Wellbeing Network



IMPROVE YOUR HEALTH AND WELLBEING

Are you ready to make a change?

JOIN THE ENFIELD WELLBEING NETWORK FOR FREE

Work with our Health and Wellbeing Practitioners to gain confidential support and move towards a happier and healthier you.

We support Enfield Residents who are 18+



www.enfieldwellbeingnetwork.org.uk

CONTACT US AND JOIN FOR FREE

020 3827 2840

info@enfieldwellbeingnetwork.org.uk





WHAT WE CAN SUPPORT WITH

- Improving Mental Health & Wellbeing
- Managing Your Health Conditions
- Increasing Social Activities
- Exploring New Skills
- Reducing Social Isolation
- Support For Unpaid Carers
- Getting Active and Moving More
- Finding New Hobbies and Interests

WAYS WE CAN SUPPORT YOU:

One-to-One Sessions Educational Workshops
 Factsheets and Information Community Groups and Activities
 Encouragement and Support from Our Volunteers



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