



the care forum



Ways to Wellbeing

Pointing you in a new direction





What is Ways to Wellbeing?

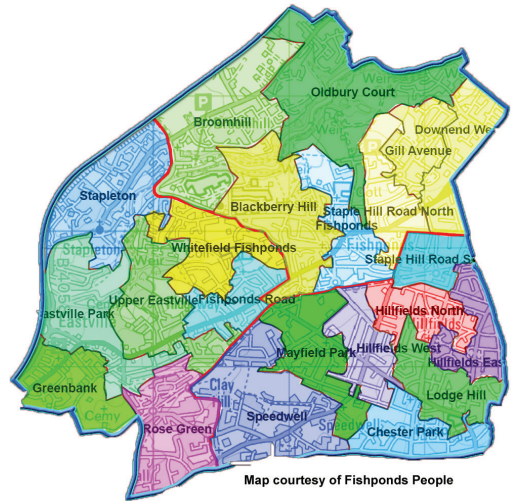
Ways to Wellbeing is a service which aims to help improve quality of life and social and emotional wellbeing.

We provide free and confidential services to adults living in and around Fishponds in Bristol (see map opposite).

We can give you

- one to one support
- information about services in your area
- help to access services.

**“I feel better
in myself”**



Map courtesy of Fishponds People

What will happen?

- we will arrange to meet you
- we will talk to you about your needs
- you will be matched to a wellbeing supporter who will help you access new opportunities
- we will offer you an agreed number of sessions.



“I’ve gained lots of new skills”

Some examples

support groups
voluntary work
education
training
faith groups
library services
carers’ services
exercise groups
fitness classes

We aim to help you:

- improve your self-confidence
- learn new skills
- meet new people
- find hobbies and interests.

If you are interested or know someone who could benefit from this service, please get in touch.

You can find our contact details on the back of this leaflet.

“My confidence has grown”





For more information please contact Ways to Wellbeing at The Care Forum

Tel: 0117 958 9360 or 0117 958 9309

(please leave a message if there is no one available to
answer your call)

Email: waystowellbeing@thecareforum.org.uk

Address: Ways to Wellbeing, The Care Forum,
The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

www.thecareforum.org

A large print version of this leaflet and versions in other
languages are also available.



the care forum
Informed voices & choices
in health & social care



The Care Forum is a charitable company limited by guarantee. Registered in England no. 3170666.

