

Hertsmere Wellbeing Gateway Service

for Better Health and Wellbeing

The Hertsmere Wellbeing Gateway Service (WGS) helps you to explore extra services That may support you to improve your health, wellbeing and independence.



Do you want to feel **healthier**,
happier and more **involved** in your community?

The Wellbeing Gateway Service can link you with many services in your community to help. These may include:

- Healthy lifestyles and active lives
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Getting involved in local groups and activities
- Accessing specialist services and support
- Arts, music, outdoors and creativity
- Employment, training and volunteering
- Education and learning



This is a personalised service.

We work with the needs and pace of each individual.

Call: **020 8207 4504**

Email: **hwgs@communityhertsmere.org.uk**

Visit: **communityhertsmere.org.uk/HWGS**