

Wellbeing Hubs

Mental Health and Wellbeing Services
Countywide



What does the service offer?

The Wellbeing Hubs are available throughout Warwickshire and provide the following services:

One to one sessions

One-to-one support sessions offer practical support on a one-to-one basis for individuals with issues affecting their mental health and wellbeing.

People can self-refer for one-to-one support sessions which are free of charge. The type of support provided may include providing helpful information, identifying and signposting to other local services, finding practical solutions to difficulties.

Drop in

Drop in sessions – no appointment is required for these twice-weekly sessions. Facilities include a cafe, free internet access and the opportunity to browse 'Books on Prescription'.

Community outreach

Community outreach sessions are held in various locations in local communities. Wellbeing Hubs can also offer sessions for existing community groups on enhancing wellbeing. For details of outreach sessions and to enquire about wellbeing sessions for a community group, please contact your local Wellbeing Hub.

No appointment is required for these twice weekly sessions which provide an opportunity for peer support and access to a support worker.

To access the service see the contact details below.

Recent Updates and good news:

This service is currently out to tender; further information will be available in due course.

Key fact:

In Warwickshire, 45.6% of people who use social care services and their carers, reported that they had as much social contact as they would like, similar to the England figure (2013/14, HSCIC).

Service contact details:

 www.warwickshire.gov.uk/mentalhealth

 North Warks, Nuneaton & Bedworth - 02476 848128 /
02476 848133. Rugby - 01788 544105. Stratford - 01789
298615. Leamington - 01789 298615.
Warwick - 01926 419227

Commissioner contact details:

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