

CAN YOU HELP YOUR COMMUNITY?

We offer rewarding and flexible volunteering opportunities. For more information email volunteering@care-network.org.uk

If you would like to make a donation to help us continue our work, please use the QR code below, visit our website, or phone us on 01954 211919.



* Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org

Thank you to all our funding partners.

Registered with



FUNDRAISING
REGULATOR



East Cambridgeshire
District Council



Cambridgeshire
County Council

OUR SERVICES

- Wellbeing
- Community Navigators
- Help At Home
- Volunteering

COMPLIMENTS • COMMENTS • COMPLAINTS

We welcome your feedback.

18 Broadway House
149-151 St Neots Road
Hardwick, Cambridgeshire
CB23 7QJ

Email: admin@care-network.org.uk

Phone: 01954 211919

Website: www.care-network.org.uk



Registered Charity Number: 1120693



WELLBEING SUPPORT

We're here to help...

One-to-one support to help improve your mood and manage stress, enabling you to handle your concerns, and build confidence and independence

www.care-network.org.uk

IS LOW MOOD OR WORRY PREVENTING YOU FROM ENJOYING LIFE AND DOING THE THINGS YOU ENJOY OR NEED TO DO?

Our trained Wellbeing team can work with you over several weeks to explore how you are feeling and consider your options, including self-help and coping strategies and advice about opportunities and services to improve your wellbeing.

“The coping strategies you helped me learn echoed in my mind every time I felt like I couldn’t cope”



CAN WE HELP YOU?

With free one-to-one support, including:

- Person-centred advice from our Wellbeing team
- Check and Chat calls from one of our friendly volunteers
- Signposting to local groups and activities
- Information and advice to help you overcome practical challenges
- Trusted Friend volunteer support to accompany you to access opportunities in your community confidently

“I feel so much better after talking to you”



HELPING PEOPLE ON THEIR JOURNEY TO WELLBEING



Last year we supported 289 people to improve their wellbeing

Everything Care Network does supports people’s wellbeing, and we work closely with other services to enable you to access a range of support to meet your needs.

We also offer flexible and rewarding volunteering opportunities.

“I feel so lucky to have such a wonderful, kind and caring person to help me. She has been amazing. I feel very comfortable with her, she inspires me to keep going”



To discuss how we can help please call **03300 945750** or email **wellbeing@care-network.org.uk**