

Let's Connect

Are you isolated?

Are you a carer?

Are you an adult struggling at home?

Drop in for a face to face chat , We can provide information, advice and support on:

- **Getting out and about**
- **Maintaining your independence**
- **Local activities**
- **Staying in control**
- **Early help and prevention**
- **Wellbeing support**

**Lets talk, lets connect! Come join us at : Baildon Wellbeing Hub @
Baildon Methodist Church .**

Every Tuesday 10.30 until 12.30pm.

**Address : Wesley's @ Baildon Methodists Church
Newton Way Baildon
Shipley
West Yorkshire
BD17 5NH**



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

