



Drop in for a chat at Hartlepool Community Hubs and speak to a member of the Support Hub team. Take the opportunity to find out what is available to you and be empowered to make the changes <u>you</u> want

WE CAN HELP YOU TO:

- Explore your options to improve your overall health and wellbeing
- Increase your choices
- · Make a plan
- · Connect with others

"It all starts with one good conversation"

Community Hub Central | York Road | Hartlepool | TS26 9DE Community Hub South | Wynyard Road | Hartlepool | TS25 3LQ

Mon - Fri 10am - 4pm

() (01429) 272905 | helping@hartlepool.gov.uk Mon - Thurs 8.30am - 5pm | Fri 8.30am - 4.30pm