



WELLBEING SERVICE

Part of the Associations' service to tenants is to address individual's wellbeing needs. This is done in a number of ways.

Firstly the Scheme Manager can provide general advice on local facilities and organisations that are available to tenants.

Some courts have wellbeing rooms with a range of facilities including hairdressing stations, nail bar stations, massage tables and exercise equipment.

We also employ a Wellbeing Assistant whose role is to provide a one to one service for any tenants that feel they would benefit from a bespoke service including: -

- Ⓡ A confidential service available to all tenants
- Ⓡ Free one to one conversation (for the first 12 occasions; there may be a small charge thereafter)
- Ⓡ One-hour pre-arranged visits
- Ⓡ Help with paperwork (Blue Badge applications; attendance allowance forms etc.)
- Ⓡ Help with social activities and alleviating loneliness
- Ⓡ Or just for a chat!

We're here to help you!



Should you want more information about any of the above please contact your
Scheme Manager