

How can we help?

Please take a look at the topics and ideas below. Tick anything you think you'd find helpful. Then, come and talk to us at our walk-in sessions at the Senhouse centre.

This isn't everything we offer, if none of these options fit for you we can still help.

Wellbeing

- ☐ Talking
- ☐ Creativity
- ☐ Carer support
- ☐ Wellbeing
- ☐ Loneliness
- ☐ Worries
- ☐ Walking
- ☐ Spirituality
- ☐ Neurodivergence

Mental health

- ☐ Worried about yourself or others
- ☐ Hearing voices
- ☐ Memory
- ☐ Peer Support



Housing, money and work

- ☐ Employment
- ☐ Debt or money
- ☐ Benefits



Physical health

- ☐ Physical health check
- ☐ Menopause
- ☐ Exercise
- ☐ Addiction



Relationships

- ☐ Bereavement
- ☐ Parenting
- ☐ Relationship problems



Walk in

To the Senhouse Centre (CA28 7ES) between
9:30am - 4:30pm every Tuesday, Thursday and Friday.



Call us

01946 556 136



Visit our website

wcmhp.org.uk/hope-haven



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