

The Essex Well Being Service

One Stop Shop for well being support in Essex.

The Essex Wellbeing Service supports adults, employees, parents and families in Essex to live healthy and socially connected lives. With practical, emotional, health and wellbeing advice, support and signposting we help Essex residents to lead their best possible life. We are pleased to include the services previously delivered by the Essex Lifestyle Service, which allows us to increase the support we can offer.

Simply fill out our assessment, give us a call or email us to learn more about how we can help you today.

Please follow this link for more information on The Essex Well Being Service website.

<https://www.essexwellbeingservice.co.uk/>

Please contact Mrs Ford Richards or Mrs Hinton if you require any further information about the service.