

# Let's Live Well in Rushcliffe



*Let's Live Well in Rushcliffe* brings together individuals and organisations within the community to strengthen relationships, share expertise and develop new ways of supporting local people to live happier and healthier lives.

- ★ Are you living with a long term health condition?
- ★ Do you have a mental health condition?
- ★ Do you feel isolated or don't know where to go for help?

If you answered yes to one or more of these questions, then *Let's Live Well in Rushcliffe* can help. We can support you to better understand and manage your health and wellbeing, engage in more social activities and build relationships within your local community.

Contact us today to find out how we can help

To find out more email: [LLWiR@nottshc.nhs.uk](mailto:LLWiR@nottshc.nhs.uk)

Text or phone: **07909 890 699**

One of the team will contact you within 2 working days