



Here to HELP

'drop in' information service

at

Bilton Health and Wellbeing Hub

A chance to enjoy some company and to bring along any questions you have about where to turn for community support and activities

Information and signposting to community support and activities

FREE tea, coffee and biscuits

A chance to chat and enjoy some company

Transport available on request



First Tuesday of the month

11am until 12 pm

Bilton Health and Wellbeing Hub,
69 Bilton Lane, Harrogate, HG1 3DT

**For more information contact
Jen on 01423 813090**



Registered charity
number 1144758

www.helpharrogate.org.uk