

LifeLINKS

Cheshire East

free health and wellbeing support

- ♥ Find local activities and groups
- ♥ Learn about new technology
- ♥ Manage minor health conditions
- ♥ Stay independent in your own home



Do you, or does someone you know, need support to stay healthy and maintain independence? If so, get in touch with Life Links to see if we can help.

This **free** service is here to help people in the Cheshire East community make the most of life.

Delivered by Peaks & Plains Housing Trust and Age UK Cheshire East, Life Links is here to help people of all ages make the most out of services in their community.

We work with you on a one-to-one basis and give advice and support specifically tailored to your needs. We can:

- ♥ Help you get involved in local groups and activities in your community.
- ♥ Help you learn to use computers, laptops and tablets to help you keep in touch with friends and family.
- ♥ Work with you to prevent minor health conditions from becoming a major problem.
- ♥ Provide advice and information on home adaptations and equipment to help you live independently in your own home.

Call **0808 281 1052**

Email **info@lifelinksce.org**

Visit **www.lifelinksce.org**

LifeLINKS
Living Life, Staying Well

