

# Wellbeing checks

Stay safe and well  
during the pandemic

Are you worried  
about your  
wellbeing in the  
pandemic?

Would you like  
information  
and advice?

Would you like to  
speak to someone  
on the phone?



You can get information and advice on the phone with one of our staff. Some of the things we can talk to you about include:

- › your wellbeing
- › social activities you might be able to take part in
- › how to get the right health care
- › how to get local support if you need it

## Book a time to speak to us

Book online: <https://theadvocacyproject.setmore.com>  
Email: [info@advocacyproject.org.uk](mailto:info@advocacyproject.org.uk)  
Call: 020 3960 7914  
Website: [www.advocacyprojectcommunity.org.uk](http://www.advocacyprojectcommunity.org.uk)