

# Five steps to wellbeing in Ashfield

- ✓ Do you feel anxious or alone? Do you have depression, or struggle with your mental health? Do things sometimes get on top of you?
- ✓ Step by Step offers peer support and a channel into a wide-range of activities for adults in Ashfield.



Ashfield Voluntary Action

**STEP BY STEP**

YOUR ROAD TO WELLBEING

Ashfield Voluntary Action | Ashfield Health & Wellbeing Centre  
Portland Street | Kirkby-in-Ashfield | NG17 7AE

## Who is the project for?

Step by Step is for adults in Ashfield wishing to improve their wellbeing, access support and meet new people.

## What support is available?

The service provides peer support and a route into a wide-range of activities.

Ring us for a chat to discuss what suits you and to learn more about the wide-range of activities and groups on offer.

 **01623 555 551**

Email [info@ashfieldvoluntaryaction.org.uk](mailto:info@ashfieldvoluntaryaction.org.uk)

Website [www.ashfieldvoluntaryaction.org.uk](http://www.ashfieldvoluntaryaction.org.uk)

## Is there a cost?

The service is free, however, there may be a small cost for some groups and activities.

