



## Health and wellbeing – at your fingertips!

Well Aware is a new, free information resource for everyone in Bristol.

The Care Forum and six local authority/NHS partners have come together to develop a comprehensive database of health, wellbeing and community resources in Bristol, Bath & North East Somerset and South Gloucestershire.

Anyone can use [www.wellaware.org.uk](http://www.wellaware.org.uk) – its user-friendly format makes it easy to find support for a friend, family member, client or patient – or for yourself.

Whether personal health services, a lunch club or social group, help round the home or in the garden, dentistry, advice, counselling or any other form of support – all you need to find it is just a few clicks away.

The website can also be searched for services for carers, support for particular disabilities, culturally specific services and more. A dedicated section helps find information on employment for anyone with mental health difficulties.

Even if you can't access the website directly yourself, you can still use it by getting in touch with the Well Aware team on (freephone) **0808 808 5252** or [info@wellaware.org.uk](mailto:info@wellaware.org.uk) instead.

The new project builds on several years' work by The Care Forum's Room 102, Spot On and Purple Pages services. It is completely free to use and be listed on. Its records are regularly checked and updated to keep them up to the minute. It already contains the details of over 5,000 different health, wellbeing and community services, ranked by relevancy, with no advertising.



the care forum

Go to [www.wellaware.org.uk](http://www.wellaware.org.uk) to start using it today!