

WE ARE OPEN

WORKING TOGETHER TO BETTER SUPPORT PEOPLE
TO ACHIEVE WHAT MATTERS TO THEM

THE WELL

**The Wells in Kirkcaldy Mercat Centre
is re-opening**

**From 4th November
every Thursday 10am to 12noon**

Receive help, advice and information from health & social care and other local organisations
Do you have concerns about your or a family member's health & wellbeing?

Talk to us:

- If you are feeling lonely or isolated?
- If you are caring for a family member and need some advice and support?
 - If you are anxious about going out?
- If you are worried about financial issues?
- About mental health and wellbeing?
- How to stay active?
- About bereavement advice and information
- and anything that matters to you



<https://www.fifehealthandsocialcare.org/the-well>

03451 551500

thewell@fife.gov.uk

