



Wellbeing Sefton is a programme for people living in the Linacre or Derby wards who are experiencing stress, anxiety or depression. It links people with opportunities and activities within the local community such as physical activity, volunteering, college courses, clubs and groups, arts activities, healthy lifestyles and much, much more.....



Call Jan Smith on
0151 282 5650 ext 116 for an
informal chat!

