

buzz

Manchester
Health & Wellbeing
Service



We help you live fuller, healthier, happier and longer lives



Wellbeing
Advisor

Our Wellbeing Advisors can support you to:

- Improve how you feel about yourself
- Improve your physical and mental health
- Eat well and exercise
- Stop smoking and reduce your alcohol intake
- Follow a healthier lifestyle, helping you to make small changes that will make a big difference to you
- Reduce loneliness or isolation by giving you access to social groups or other activities
- Access other services like debt advice, sexual health or drug services
- You can refer yourself by going to www.buzzmanchester.co.uk/refer

For help and advice

Abraham Moss Office
0161 234 3727

Fallowfield Library Office
0161 248 1765

Victoria Mill Office
0161 882 2583

www.buzzmanchester.co.uk

Email manchwadvisors@nhs.net

Twitter @buzzmanc

buzz

Manchester
Health & Wellbeing
Service



We help you live fuller, healthier, happier and longer lives



Wellbeing Advisor

Our Wellbeing Advisors can support you to:

- Improve how you feel about yourself
- Improve your physical and mental health
- Eat well and exercise
- Stop smoking and reduce your alcohol intake
- Follow a healthier lifestyle, helping you to make small changes that will make a big difference to you
- Reduce loneliness or isolation by giving you access to social groups or other activities
- Access other services like debt advice, sexual health or drug services
- You can refer yourself by going to www.buzzmanchester.co.uk/refer

For help and advice

Abraham Moss Office
0161 234 3727

Fallowfield Library Office
0161 248 1765

Victoria Mill Office
0161 882 2583

www.buzzmanchester.co.uk

Email manchwadvisors@nhs.net

Twitter @buzzmanc

buzz

Manchester
Health & Wellbeing
Service



We help you live fuller, healthier, happier and longer lives



Wellbeing Advisor

Our Wellbeing Advisors can support you to:

- Improve how you feel about yourself
- Improve your physical and mental health
- Eat well and exercise
- Stop smoking and reduce your alcohol intake
- Follow a healthier lifestyle, helping you to make small changes that will make a big difference to you
- Reduce loneliness or isolation by giving you access to social groups or other activities
- Access other services like debt advice, sexual health or drug services
- You can refer yourself by going to www.buzzmanchester.co.uk/refer

For help and advice

Abraham Moss Office
0161 234 3727

Fallowfield Library Office
0161 248 1765

Victoria Mill Office
0161 882 2583

www.buzzmanchester.co.uk

Email manchwadvisors@nhs.net

Twitter @buzzmanc

buzz

Manchester
Health & Wellbeing
Service



We help you live fuller, healthier, happier and longer lives



Wellbeing Advisor

Our Wellbeing Advisors can support you to:

- Improve how you feel about yourself
- Improve your physical and mental health
- Eat well and exercise
- Stop smoking and reduce your alcohol intake
- Follow a healthier lifestyle, helping you to make small changes that will make a big difference to you
- Reduce loneliness or isolation by giving you access to social groups or other activities
- Access other services like debt advice, sexual health or drug services
- You can refer yourself by going to www.buzzmanchester.co.uk/refer

For help and advice

Abraham Moss Office
0161 234 3727

Fallowfield Library Office
0161 248 1765

Victoria Mill Office
0161 882 2583

www.buzzmanchester.co.uk

Email manchwadvisors@nhs.net

Twitter @buzzmanc