

**Update from ISS Community Wellbeing Hubs**

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|  | We have enjoyed meeting with our customers again since we re-opened our hub buildings in July. |
| See the source image | We will carry on with 1-1 appointments but we will not be open for drop in customers yet. Please phone or email first if you want to come in and see us. |
| Image result for clip art mobile phone | [rugbyhub@isswarks.com](mailto:rugbyhub@isswarks.com)  07936 015966  [nuneatonhub@isswarks.com](mailto:nuneatonhub@isswarks.com)  07563 159070  [atherstonehub@isswarks.com](mailto:atherstonehub@isswarks.com)  07874 684719 |

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| See the source image  Image result for allotment clip art | We have been supporting small groups of customers to meet up safely outdoors and improve their wellbeing by re-connecting with others. |
| See the source image  6 | Now it is getting colder, we can start to run some indoor activities. We must only work in groups of 6. |



A picture containing icon

Description automatically generated

**** Relaxation Have fun and

connect with IT



Seated Christmas

exercise crafts

****Please contact us if you are interested in any of these activities.