



A new service for your wellbeing

## Description



hand and art on coffee in vintage color filter

Handy hints, practical tips and expert guidance on mobility and independence are offered in our [brand new service on wellbeing](#).

## **FREE RESOURCES**

A wide range of subjects are explored in this innovative section – here on the MMHS website. There you can get access to resources on a wide range of issues concerning mobility and independence. And many of those resources are free:

- a guide on how to choose the right mobility scooter;
- advice from *Which?* on how to arrange respite care;
- NHS guidance on keeping warm in the winter;
- an online map to find your local community transport provider;
- a free service for wheelchair users;
- a guide on keeping safe and driving for as long as possible.

## **USEFUL HANDOUTS**

The ‘wellbeing’ section is growing all the time, as we are constantly researching and adding useful handouts and weblinks to the list. We are in contact with a range of other agencies who supply us with news on the latest developments in the area of wellbeing.

Keep visiting our website for [wellbeing guidance](#), [regular news](#), [residents’ stories](#) and the [online versions of Roof ‘n’ Roots](#).

### **Category**

1. News & reviews

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