



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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