



The Staffordshire Recovery Hub

**Do you live with a mental health condition?
Do you have trouble getting out and about?
Would you like to meet new people?**

The Recovery Hub is a community based partnership of 4 organisations; Making Space, Wiseability, Midlands Partnership NHS Foundation Trust and Mental Health Matters.

We offer free help, support and guidance in Stafford, Cannock and South Staffordshire. If you live in these areas and want either individual and/or group support please telephone us on:

 01543223210

 TheRecovery.HubStaffordshire@makingspace.co.uk

 The Recovery Hub Staffordshire

We already support lots of people in the community but would like to reach out to new people who may benefit from somebody to listen or extra support. Feel free to get in touch and have a chat with a member of the team.

We would also very much like to meet people who would be interested in becoming a volunteer particularly somebody with a lived experience of mental health.

