

Health Checks Available Anglesey Rural Outreach Service

- Want to know more about mental health and wellbeing?
- Require confidential support and advice for yourself or someone you know?
- Are you or do you know someone who is homeless, sofa surfing or vulnerably housed?

Ynys Môn Mind in partnership with The Betsi Cadwaladr University Health Board are providing a rural outreach service for the Anglesey area. A specially equipped bus will tour areas of Anglesey for a week each month offering private and confidential information, support and advice around Mental Health and Wellbeing.



A Registered Nurse will be on board on Monday and Thursday offering health checks and support for those who are homeless, sofa surfing or vulnerably housed.

Catch the bus this month on the following dates and times, everybody welcome:

Monday 22nd and Thursday 25th November

Approximate times

St Cybi's Car Park, Holyhead	9.15am – 10.15am
Amlwch town near the library	11am – 12.30pm (Thursday only)
Amlwch port	12.45pm – 13.30pm (Thursday only)
Penrhos Nature Reserve	2.15pm – 3pm
Treseifion Estate, Holyhead	3.15pm – 3.45pm

Monday 22nd Nov 11am – 1.30pm Travellers Site near Pentraeth.