## Well-Being and Mental Health - Useful Contacts

Who	What	Contact
Jessica Bell	Workshops	Healthcare at Home Ltd
Healthcare at	Training days	Ext: 7913   T: 07805 422269
Home	Assemblies	
	Advice	jessica.bell@hah.co.uk
Zainera Liagat	Mental health support	Burton & District Mind
Mind Burton	Advice	67 Branston Road,
	Fundraising	Burton on Trent,
		Staffordshire,
		DE14 3BY.
		Tele: 01283 566696
		Email: info@burtonmind.co.uk
Kimberly Furner	Run yoga events	07948980231
Qualified Yoga	Lead staff training	
instructor		
Louise Needham	Health checks	07849092152
Everyone active	Workshops	
	Training	