



**NOW YOU'RE
TALKING...**

**Do you live in East Durham and need support
with your health and wellbeing?**

**Safe Harbour in Seaham is a place where you can find
out about support and services in your area or just
drop in for a chat and a cuppa.**

**To find out more come along to their launch
Wednesday 1st May from 10am. There will be an
opportunity to meet some of the services and people
who are there to help you.**

**You can find Safe Harbour at 31 Church Street
Seaham**

How to find the right support

One call away

0300 304 55 27

or scan the QR Code below

