

## Do you live in the London Borough of Richmond upon Thames?







A partnership of 20 local charities, supporting adults of all ages to live independently, improve wellbeing and stay connected with their local community.

## **CILS INFORMATION NAVIGATION**

Free information, advice & support to find the right service

## CILS HEALTH AND WELLBEING

A range of wellbeing, social & practical support

advice@richmondaid.org.uk 020 8831 6464 Text-SMS: 07894 215 835

www.richmondaid.org.uk (click on CILS)



