



**H.A.Y.**  
Cambridgeshire &  
Peterborough

# How Are You Fenland?

[www.HAYFenland.co.uk](http://www.HAYFenland.co.uk)

A website that brings together:



Local things to do with information about what to expect when you get there.



Opportunities to connect, be active, learn, get creative, explore the outdoors, volunteer and more!



Places to get a wide range of support.



[@HowAreYouFenland](https://www.facebook.com/HowAreYouFenland)

Point the camera on your phone here for support and activity ideas



[#HelpingYouLookAfterYou](https://www.facebook.com/HowAreYouFenland)

**Looking for  
something  
to do?**

From yoga to singing, sports clubs to art groups, there is something for all ages and interests on the How Are You Cambridgeshire & Peterborough websites.

H.A.Y. is all about helping you look after you. We know that often the hardest part is getting started, so we include videos and information to help you know what to expect the first time you go.

**[www.HAYFenland.co.uk](http://www.HAYFenland.co.uk)**



**@HowAreYouFenland**

Support looks different for all of us. Whatever challenges you may be facing, the H.A.Y. websites have information from a wide range of organisations that may be able to help you - from the NHS and council services to local community groups.

**Needing  
support?**

**If you are in a mental health crisis, call 111 and select the mental health option.**