



H.A.Y.
Cambridgeshire &
Peterborough

How Are You Hunts?

www.HAYHunts.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.



@HowAreYouHunts

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



#HelpingYouLookAfterYou

**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.

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@HowAreYouHunts

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.