



# DO YOU FEEL UNWELL?



Please **do not** attend our sessions or activities if you are feeling unwell



Talk to your family, carer or support worker if you think you are unwell



If you need medical advice, visit <https://111.nhs.uk/> or call your GP surgery or NHS 111



**For up to date information visit:**

[www.theark.org.uk](http://www.theark.org.uk)

[www.facebook.com/thearktrust/](https://www.facebook.com/thearktrust/)

01344 266899