

## What are the benefits?

- Improved mental health and wellbeing
- Meeting new people and developing new friendships
- Feeling healthier and fitter
- Learning new skills
- Opportunities for volunteering and employment




## How to access this scheme

Whether you are a professional working with someone who might benefit from the scheme, a friend, neighbour or family member, discuss the scheme with them and get that person's agreement to complete the referral form which can be found on the website. Then email it to:


 [communityconnector@suffolkfamilycarers.org](mailto:communityconnector@suffolkfamilycarers.org)

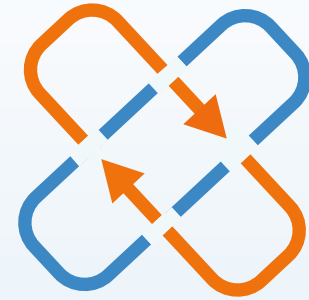
A member of the team will then contact that person to arrange an appointment with the Community Connector.

Alternatively, you can telephone the team yourself to make your own appointment:

 01473 835445

Or simply turn up at the bus to find out more and make an appointment for a future date. To find out where the bus will be and what else is going on visit:

 [www.suffolkfamilycarers.com/communityconnector](http://www.suffolkfamilycarers.com/communityconnector)



## COMMUNITY CONNECTOR



*Did you wake up today and think "more of the same" and wish something different and interesting could happen in your life?*

*Has one of life's many challenges been thrown at you recently, and you are not quite sure where to turn for advice and information?*

*Have you received professional advice to take greater care of your health and wellbeing, to be more active, physically or socially?*

*Have you recently moved to the area or just find yourself alone because of bereavement, separation or your children growing up?*

**Then the Community Connector Scheme could be for you!**



## What does the scheme offer?

The Community Connector Scheme aims to do just what it says. It will support you to connect with:

- Social activities, clubs and groups and likeminded individuals in this community.
- The right advice and information for your local situation

The Scheme does this by offering a private face to face discussion with a Community Connector to explore **what matters to you** and NOT 'What is the matter with you?'

Together with the Community Connector, over up to four appointments, you will build your own personal action plan around what is important to you and be supported to put this plan into action.

That might include access to:

- **Debt, benefits, housing advice.**
- **Health and fitness groups, such as walking, cycling, dance.**
- **Peer support groups, arts, culture, history groups.**
- **Local volunteering opportunities.**

## Who can take part?


Anyone of any age and of all abilities can speak to a Community Connector but if under 18 will need to be accompanied by an adult at the first appointment




## When and how can I see a Community Connector?

The Community Connector operates an appointment system to ensure you have personal time to explore what is important to you, to develop an action plan and review it over the next sessions.

An appointment can be made by calling:

 **01473 835445**

The Community Connector has a mobile "office", which parks up in your local village and provides a private space to have your conversation. An up to date list of dates and locations can be found here:

 **[www.suffolkfamilycarers.org/ communityconnector](http://www.suffolkfamilycarers.org/communityconnector)**

Where it is not possible to get to the bus, it may be possible to arrange a lift to help get you there or alternatively a home visit.

## What else is going on?

You don't have to have a personal appointment with the Community Connector, you can simply turn up at the bus and have a chat, or get involved in some of the other activities and sessions that will be on offer. There will be opportunities to meet with other people working in your community, either offering advice, ideas, or new activities.

For information about the activities coming up soon that you can get involved in visit:

**[www.suffolkfamilycarers.org/communityconnector](http://www.suffolkfamilycarers.org/communityconnector)**