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*I've found things to do in my area - there's more to do out there than I thought.*

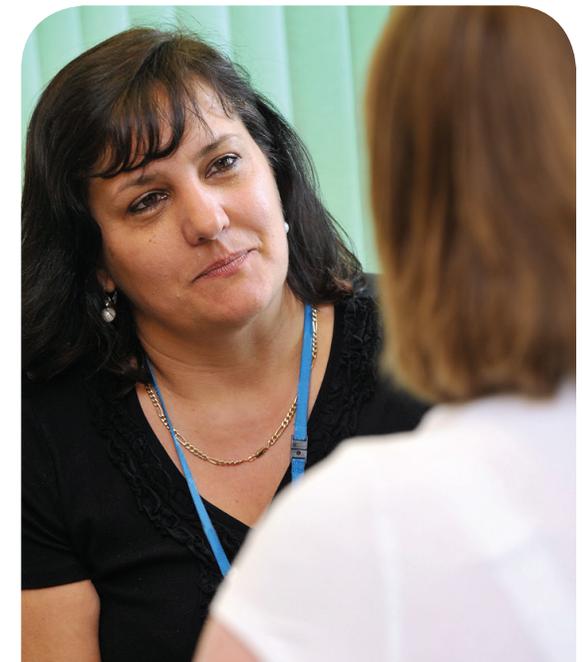


Connect for Health is a free confidential service for adults 18+



**CONNECT  
for health**  
Being Well Together

Working in partnership with organisations to provide appropriate services and practical support



A new way of working with you

## How it works

It may be that some of your needs can be met by a referral to a Community Advisor.

### A Community Advisor is someone who is:

- Available to talk to you confidentially
- Able to give practical, helpful, non-judgemental advice
- Able to help you decide what you would like to do to improve your health and wellbeing
- Able to refer you to appropriate services and activities



*Taking practical steps to address my situation has eased my worries.*

## A Community Advisor can:

- Discuss what issues you are facing
- Explore what matters to you in your life
- Explore what services and activities are available

### Link you with different services, giving advice on:

- A healthy lifestyle
- Welfare benefits and financial support
- Employment, training and volunteering
- Education and learning opportunities
- Arts, culture and creative activities
- Befriending, counselling and emotional support groups



*The scheme will really help people like me, who need extra help to improve their lives.*



## What other benefits are there?

- Taking control of situations with support
- Improved mental health and wellbeing
- Meeting new people and making new friends
- Accessing new opportunities
- Learning new skills
- Feeling healthier and fitter
- Totally improving the way you feel



*Knowing what activities are in your local area is a great help. I've met new friends and feel much better.*

