

**We offer short-term practical and emotional support to help you improve your wellbeing, quality of life and live independently in your community.**

**COMMUNITY CONNECTORS**

- Can we help you to connect with your local community?
- Can we help motivate you to get physically active?
- Can we help you to take positive steps to support your mental wellbeing?
- Would you like information on how to access services you may need?



Helping you find a wheelchair loan



Mental wellbeing

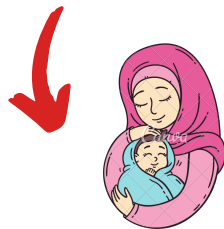


Getting advice on your finances

**We can support you**



And a lot more.  
All centered on what matters to you.



Family support



Information about activities and social groups you can join

## **FOR WHOM?**

If you are an adult (18+) affected by long-term health conditions, physical inactivity and/or social isolation and loneliness and registered at the following GP practices:

### **Chineham Medical Practice - Clift Surgery - Whitewater Health**

Call us or tell your GP practice to get an appointment.

## **DOES IT COST?**

This is a **FREE** service in partnership with your GP. You will receive up to 12 weeks support.

## **Contact**



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