

## Social Prescribing Service

Feeling  
lonely or  
isolated?

Anyone can refer to the Community Connect Service (with the person's consent) and we welcome self-referrals. GPs and health professionals can also make referrals (social prescriptions) by calling us directly.

**If you'd like to get involved in your community or are simply after some information or advice call us today on 01275 888 803 or 01934 888 803 email [communityconnect@curo-group.co.uk](mailto:communityconnect@curo-group.co.uk).**

**Community Connect** is run by Curo in partnership with the West of England Rural Network. The service is funded by North Somerset Council.

GIVE US  
A CALL

01275 888 803  
01934 888 803

T: 01275 888 803 or 01934 888 803  
E: [communityconnect@curo-group.co.uk](mailto:communityconnect@curo-group.co.uk)

[www.curo-group.co.uk/communityconnect](http://www.curo-group.co.uk/communityconnect)

 @CC\_NSC  
 @CommunityConnectNSC

If you would like this leaflet in large print, audio or Easy Read or if English is not your first language please get in touch.

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# community connect

Opening the door to



local services for over 50s



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01934 888 803

[www.curo-group.co.uk/communityconnect](http://www.curo-group.co.uk/communityconnect)

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**Community Connect** is a service for people over 50 living in North Somerset who would like information, advice or guidance to help them stay living independently at home.

Learn a new craft or skill

It also gives people the chance to offer their time and skills at events and groups in local communities.

**Community Connect** can offer you a wide range of support and advice that's tailored to you.

We can provide:

- Information and guidance over the phone, face-to-face or by email
- Tailored support for people over 50 to stay connected and active in their communities
- Help for you and your community to set up groups and activities that benefit the local area
- Opportunities to participate and learn a new skill
- Sign posting to local services and agencies

**Get in touch today and together we'll open new doors!**

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The **Community Connect** service is **free** of charge to anyone living in North Somerset

Take up a new activity

Offer your time and skills

Expand your social circle

We can help with all these things!

## Five ways to boost your well-being with Community Connect

There are simple, effective actions we can all take to boost our wellbeing – to feel healthier and happier.

### Connecting

Meet people at our groups and activities

### Being active

Join a group or take up a new activity

### Taking notice

Get involved in local issues

### Keeping on learning

Take up a new hobby or craft

### Giving

Offer your time and skills with Community Connect