Feeling lonely or isolated?

Social **Prescribing Service**

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.

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

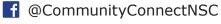
01275 888 803 01934 888 803

T: 01275 888 803 or 01934 888 803 E: communityconnect@curo-group.co.uk

www.curo-group.co.uk/communityconnect



▶ @CC NSC



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.

community connect

Opening the door to

local services for over 50s



01275 888 803 01934 888 803

www.curo-group.co.uk/communityconnect

Delivered by: In Partnership Funded by:







Community Connect The best of people & communities

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!

01275 888 803 01934 888 803

E: communityconnect@curo-group.co.uk

- @CC_NSC
- **f** @CommunityConnectNSC

www.curo-group.co.uk/communityconnect

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



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

We can help with all these things!