Research shows that small changes following the 5 Ways to Wellbeing model have a real impact on a person's mental and physical health, as well as helping them to flourish generally.

For more information, go to https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing

HOW TO FIND US
To refer yourself, a friend or a family member:
call 020 8314 3244 or email communityconnections@ageuklondes.org.uk
Tell us: your name, phone number, address and post code why you would like support and what sort of support you need

If you are a professional who would like to refer a client, please contact us for for a referral form:
communityconnections@ageuklondes.org.uk or CommunityConnectionsGCSX@lewisham.gcsx.gov.uk

Community Connections is a consortium project of Lewisham Connections, a partnership of:
Age UK Lewisham & Southwark
Carers Lewisham
Lewisham Disability Coalition
Rushey Green Time Bank
Voluntary Action Lewisham
and Voluntary Services Lewisham
SOCIALISATION
Community Groups and Befriending

Community Facilitators support vulnerable adults in the community who are isolated or lonely.

Community Facilitators use a person-centred approach based around the 5 Ways to Wellbeing model.

Community Facilitators meet with clients one-to-one to talk about the person's hobbies and interests, and they make a plan together to connect to community groups and activities.

PRACTICAL SUPPORT
Community Facilitators also help clients identify and overcome practical barriers to wellbeing and social inclusion.

- Dial a Ride / TaxiCard
- Blue Badge
- Freedom Pass
- 'Offer me a Seat' badges
- Food Bank vouchers
- Gardening support
- Toenail and fingernail cutting
- ID cards for neurological conditions
- HandyPerson / Help at Home
- Links to ethnic communities and culturally-specific support
- Links to Money Management Debt Advice

General groups: art, gardening, chats
- Older people's groups
- Learning Disability groups / activities
- Dementia groups
- Mental health groups
- Carer's groups / services
- Younger people's groups
- LGBT groups
- Sensory impairments groups

NHS Learning Disability Occupational Therapy
Domestic Violence support