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@ageuklands.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@ageuklands.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

















# a little bit of EVERYTHING

how Community Connections challenges social isolation



## 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.

General groups: art, gardening, chats

Older people's groups

Learning Disability groups /activities

Dementia groups

Mental health groups

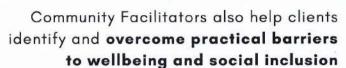
Carer's groups / services

Younger people's groups

LGBT groups

Sensory impairments groups

# PRACTICAL **SUPPORT**



MANAGE Y POR CONTRACTOR OF CON

Dial a Ride / TaxiCard Blue Badge Freedom Pass 'Offer me a Seat' badges

Food Bank youchers

NHS Learning Disability Occupational Therapy

Gardening support

Toenail and fingernail cutting

ID cards for neurological conditions Domestic Violence support

HandyPerson / Help at Home

> Links to Money Management Debt Advice

Links to ethnic communities and culturally-specific support

