

## Who is it for?

Connected Communities is a free confidential service available to everyone over the age of 65+ who live in the following areas:

- Wickham Market, Framlingham and surrounding areas.
- Rural communities within the Waveney area
- Woodbridge and the Deben area

Connected Communities works in several rural areas around East Suffolk, this map is a guide to show you the areas we cover however we aim to be as flexible as possible so if you live in and around these areas in East Suffolk and are unsure if we can help please do contact us.



## How do I access the service?

It's simple, just call us on 01473 835477

or email [connectedcommunities@suffolkfamilycarers.org](mailto:connectedcommunities@suffolkfamilycarers.org)

Or visit [www.suffolkfamilycarers.org](http://www.suffolkfamilycarers.org)



If you are over 65, feeling low, isolated or concerned about practical life issue then Connected Communities can help.

**Interreg**   
France ( Channel ) England  
**Connected Communities**  
European Regional Development Fund

**Suffolk**   
**Family Carers**  
Living Fuller Lives

**Connected Communities**  
SUFFOLK

"Your journey to wellbeing starts here"

## Connected Communities - What do we do?

Sometimes improving your health and wellbeing goes beyond a trip to your GP or medication. Your health and wellbeing can be affected by a number of issues such as isolation, loneliness, money problems or other practical life issues. Connected Communities is here to help guide you to find solutions to these problems. We are able to offer you one to one appointments with a highly trained local Community Connector. They will spend time talking through the issues that matter to you and help you come up with solutions often by linking you to services within your local community. You can meet your local Community Connector in a venue that feels safe and private, in your local community or even on board our specially designed mobile home, which provides a comfortable and safe place to talk.



## The Community Connector can work with you to address any concerns you have in the following areas

- Social isolation and loneliness
- Welfare benefits and financial support
- Emotional wellbeing
- Healthy lifestyle choices
- Arts, culture and creative activities
- Life changing events such as separation, retirement, bereavement or grandparent responsibilities
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Accessing work, training, education and volunteering

## What are the benefits?

- Take control of situations with support
- Improve your mental health and wellbeing
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self-confidence and self esteem
- Better quality of life
- Get involved in your community

