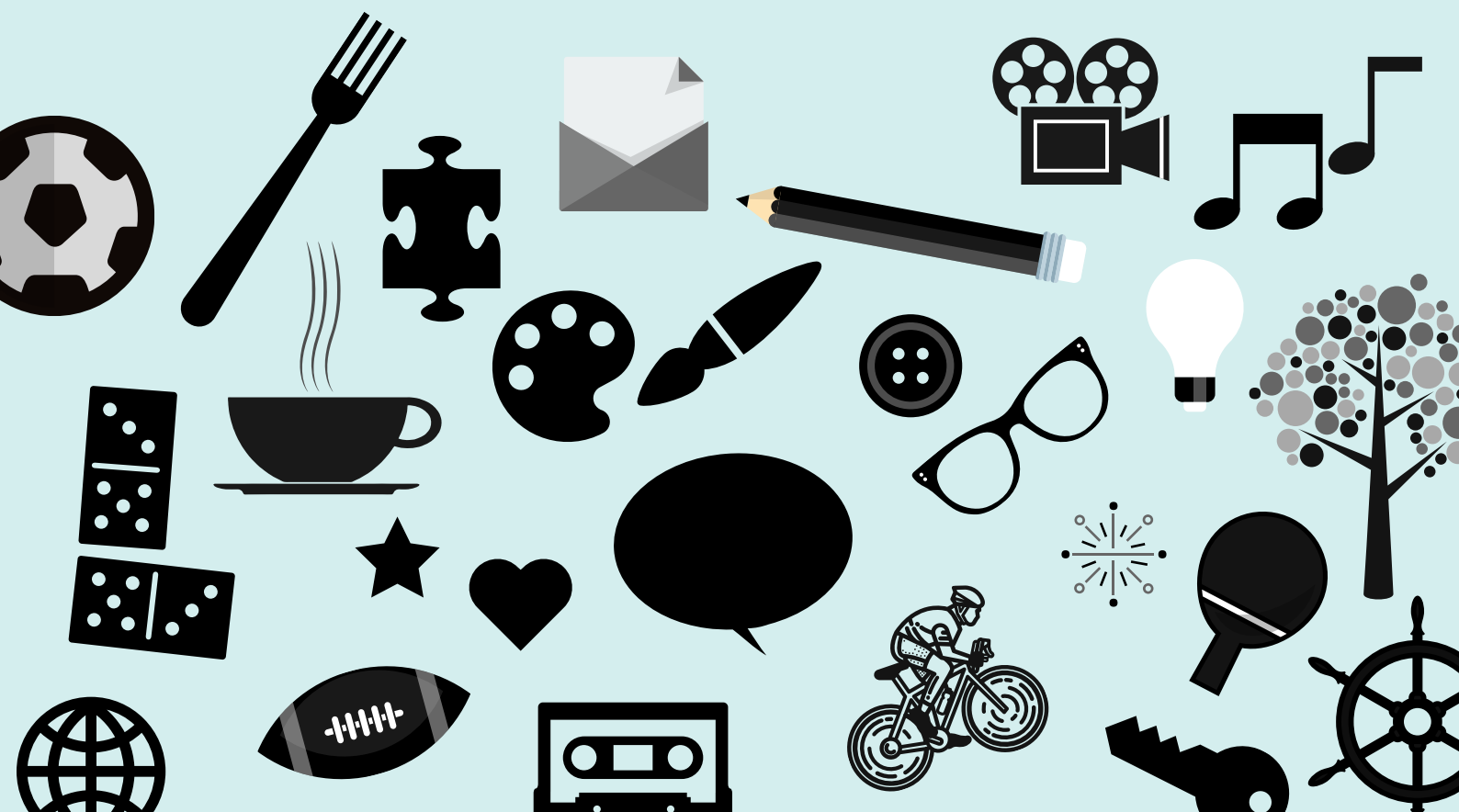


A LITTLE BIT OF  
**EVERYTHING**

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**.

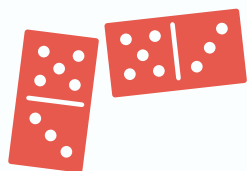
Community Facilitators meet with clients one-to-one to talk about the person's hobbies and interests, and they make a plan together to **connect to community groups and activities**.



General groups: art, gardening, chats



Learning Disability groups /activities



Mental health groups



Younger people's groups

LGBT groups



Older people's groups



Dementia groups

Carer's groups / services



Sensory impairment groups

# 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

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 ethnic  
communities and  
culturally-specific  
support

Links to  
Money Management  
Debt Advice

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

