

We offer short-term practical and emotional support to help you improve your wellbeing, quality of life and live independently in your community.

COMMUNITY CONNECTORS



- Can we help you to connect with your local community?
- Can we help motivate you to get physically active?
- Can we help you to take positive steps to support your mental wellbeing?
- Would you like information on how to access services you may need?



Helping you find a wheelchair loan



Getting advice on your finances

We can support you



And a lot more.
All centered on what matters to you.



Family support



Information about activities and social groups you can join

FOR WHOM?

If you are an adult (18+) affected by long-term health conditions, physical inactivity and/or social isolation and loneliness and registered at the following GP practices:

Chineham Medical Practice - Clift Surgery - Whitewater Health

Call us or tell your GP practice to get an appointment.

DOES IT COST?

This is a **FREE** service in partnership with your GP. You will receive up to 12 weeks support.

Contact



07872 047461 Anca Hills/ 07885 808426 Maria Soriano



ancahills@redcross.org.uk / mariaSoriano@redcross.org.uk