Connect for Health is a free confidential service for adults 18+

Working in partnership with organisations to provide appropriate services and practical support

“I've found things to do in my area - there's more to do out there than I thought.”

A new way of working with you
How it works

It may be that some of your needs can be met by a referral to a Community Advisor.

A Community Advisor is someone who is:

- Available to talk to you confidentially
- Able to give practical, helpful, non-judgemental advice
- Able to help you decide what you would like to do to improve your health and wellbeing
- Able to refer you to appropriate services and activities

A Community Advisor can:

- Discuss what issues you are facing
- Explore what matters to you in your life
- Explore what services and activities are available

Link you with different services, giving advice on:

- A healthy lifestyle
- Welfare benefits and financial support
- Employment, training and volunteering
- Education and learning opportunities
- Arts, culture and creative activities
- Befriending, counselling and emotional support groups

What other benefits are there?

- Taking control of situations with support
- Improved mental health and wellbeing
- Meeting new people and making new friends
- Accessing new opportunities
- Learning new skills
- Feeling healthier and fitter
- Totally improving the way you feel

"Taking practical steps to address my situation has eased my worries."

"The scheme will really help people like me, who need extra help to improve their lives."

"Knowing what activities are in your local area is a great help. I've met new friends and feel much better."