

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

Community Facilitators also help clients identify and **overcome practical barriers to wellbeing and social inclusion**

~~3.1.2024~~

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