S2R CREATE SPACE
Promoting Positive Mental Health

WELL CONNECTED

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

If you have been impacted by Covid-19 in any of the following ways, then the Well Connected Project is here to help you!

- Feeling de-motivated to pursue leisure or social activities
- Feeling disconnected, isolated from others and your community
- Feeling your wellbeing has been affected

HM Government

In partnership with

THE NATIONAL LOTTERY COMMUNITY FUND

WELL CONNECTED

The Well Connected project wants to re-energise you and your community by providing new opportunities and supporting access to leisure and recreational activities, nature based and creative sessions. You can either try these on your own, as a family or as a community group.

We will be linking up with organisations and existing groups to promote health and wellbeing activities in your local areas, providing a gateway to:

- Simple activities you can do at home, safely outdoors and at community venues with others
- Practical information for how to gain better life habits after lockdown
- Introducing you to local groups and social connections
- Helping you try new activities together with others
- Supporting you with achievable positive wellbeing goals

The WELL CONNECTED Project will:

1

Support individuals, groups or communities to re-stablish connections that have become detached during the Covid-19 pandemic.

2

Introduce simple affective ways of being healthy, active and social. We can help you achieve your own goals, at your own pace, in your local area.

3

Let you know what is happening in your area so you can meet likeminded people / groups.

4

Help you make contact with specialist services to further assist you with your aspirations, such as stopping / reducing smoking or alcohol use.

5

Offer online activity sessions in a range of subjects including: easy & affordable healthy eating.

6

Provide you with a booklet to help you set your own wellbeing goals and show you routes to better wellbeing with hints and tips to keep you emotionally and physically well.

Become a Community Connector Volunteer

If you have a local interest and want to help people in your community benefit from this project why not become a Community Connector Volunteer?

For more information about the WELL CONNECTED Project
Please contact Sian on 07933 353 487
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