



FREE Community Connector Signposting Workshops

What is a Community Connector?

Community Connectors provide an important link between people and the support available to them in their community. They help lots of people access support, advice and activities that could improve their health, wellbeing, and quality of life.

How do I become a Community Connector?

Come to one of our free signposting workshops! You'll find out how you can help your friends, neighbours, family, and colleagues to access information and advice about a range of subjects, including:

- Physical and mental health support
- Housing and debt advice
- Befriending services and meeting new people
- Getting active
- Community transport
- Older people's services
- Support for families and young people
- Plus a whole host of other groups and meet-ups!

Who can be a Community Connector?

Anybody who would like to find out about the range of support available in their community, and is happy to share!

How do I sign up?

For details of our upcoming workshops, and to book a space, please contact Vicky Sullivan, Community Ambassador Coordinator, email vicky.sullivan@sparksomerset.org.uk or call 07951944420

