

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 on a range of subjects, including:

**Physical & mental health support • Housing & debt advice • Befriending
Meeting new people • Getting active • Community transport • Older people's services • Support for families & young people • Plus a whole host of other groups & 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!

Our next FREE signposting workshop is:

Langport - Wednesday 16th May, 10am to 11:45am

Email Vicky Sullivan, Community Ambassador Coordinator
at vicky.sullivan@sparksomerset.org.uk
or call **079519 44420** to book