

Confidentiality

Healthy Connections offers a safe and confidential setting in which to support you with your mental and physical wellbeing. Further information will be given to you at your first 1 to 1 session.

Is there a charge?

No. Healthy Connections is free for those attending 1 to 1 sessions.

If you decide to join in with local activities, please be aware that there may be a small charge in certain circumstances.

How can I join in?

Please contact the Wellbeing Worker at the Healthy Living Centre for more information or to make an appointment. Details are given on the back of this leaflet.

You must be aged 18+ and living in South Ward to be eligible. You do not need to be registered with a GP to join.

For more information...

Please contact:

Kim Lane
Wellbeing Worker

For All Healthy Living Company
68 Lonsdale Avenue
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BS23 3SJ

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Healthy Connections

Feeling anxious, stressed or low?

Would you like to find ways to connect with people and activities in your area?

Want to build your confidence and improve your wellbeing?



What is Healthy Connections?

Healthy Connections is a new project being run as part of the For All Healthy Living Company's Wellbeing Project. It is for people aged 18+ living in South Ward, Weston-super-Mare.

Perhaps you've been feeling anxious, stressed, low, or isolated?

Maybe you'd like to have more social contact and support within your community, or join in with local activities?

Through the Healthy Connections project, you will have support from a Wellbeing Worker to help you explore your situation, focus on your health and wellbeing goals and what matters to you.

You will be able to develop an Action Plan to help you achieve your health and wellbeing goals.



What is being offered?

You can have up to six sessions with a Wellbeing Worker on a 1 to 1 basis. These sessions are usually face-to-face although they may take place over the telephone.

They could offer you:

- Time and space to focus on your health and wellbeing goals, and your hopes for the future.
- An opportunity to discuss issues around confidence, self-belief and motivation.
- Help to access health promoting and physical activities.
- Increased awareness of ways that can improve your health and wellbeing.
- Help in accessing support for issues affecting your mental health, such as work, debt, and caring responsibilities.
- Help in finding out about and accessing adult learning, training and volunteering.
- Support and encouragement to find out about and access local resources, recreational and social facilities and become more involved in your local community.

How will this work?

1 to 1 sessions usually take place at the Healthy Living Centre, normally within office hours (9am—5pm, Monday — Friday). Support is offered for between 1—6 sessions, depending on your needs.

As part of your Action Plan, there may be times where you meet with the Wellbeing Worker at community venues. e.g. the Wellbeing Worker may be able to accompany you to a first appointment.

There will be some form filling, although we can help with this. This will help us to keep in touch with you, keep information up-to-date and help us to see how the project is working.

During the project, a new **Wellbeing Group** will be set up to offer mutual support and contact for people who may be feeling isolated and wanting to join in with more social activity. Your ideas and suggestions are always welcome.

