



We can help you if you would like to know more about:

- Advice and Information Services
- Arts and Media Activities
- Befriending
- Carers' Support
- Community Groups
- Counselling and Therapy Services
- Day Care Services
- Disability
- Education and Training
- Employment Support
- Faith/Religious/Cultural Activities
- Family Services
- Financial Services
- Health and Wellbeing
- Housing/Homelessness Services
- Leisure Activities
- Lunch Clubs
- Mental Health Support
- Mentoring
- Music Groups
- Self-help Groups
- Social Activities
- Specialist Interest Groups
- Sport
- Substance Misuse Services
- Volunteering



Warwickshire Community and Voluntary Action

A Healthwatch Warwickshire Organisational Champion



To book an appointment, to join our volunteer team, or for more information call

01788 539572

www.wcava.org.uk/connectwell

ConnectWELLWarwickshire
 @_ConnectWELL

IMPROVE
your life
YOUR WAY



Improve health and wellbeing

Warwickshire Community and Voluntary Action

A Healthwatch Warwickshire Organisational Champion

Want to make a change in your life?

- Need some support?
- Want to get out and meet new people?
- Need professional advice?
- Want to get fit?

Not sure where to go for information?

Ask your Health Professional to refer you to **ConnectWELL**

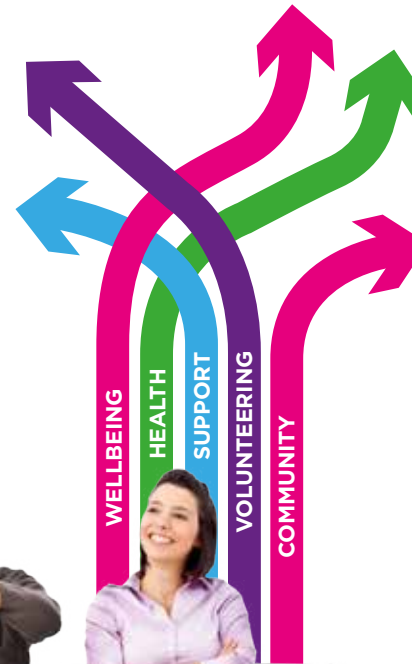
Information

ConnectWELL volunteers will help you to find groups, services and advice available to you in your local area.

Your appointment will be at a surgery, held in a consulting room so it is private and confidential.

Support

ConnectWELL also provides buddies for patients requiring some support to get started!



MAKE A CHANGE



How has ConnectWELL helped patients?

We have already:

- connected people to specialised workers to assist in gaining financial advice and support groups
- assisted carers to find support and be able to talk and socialise with others who understand what it is like to be a full-time carer
- identified sports and social groups and local walking groups.

When ConnectWELL signposts a person to an activity, it is the individual's choice to follow up, attend and to ensure that they are satisfied that the Voluntary and Community Sector Organisation has appropriate policies and procedures in place.

So, how can **ConnectWELL** help YOU?

