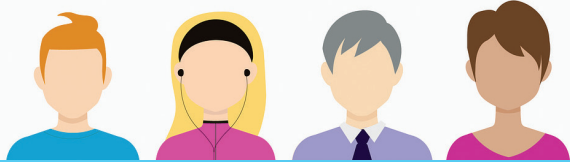




# Community Connect



how can we  
help you?

we introduce you to local services that can help with:

skills &  
confidence



money &  
budgeting



healthy  
lifestyle



social  
connections



We'll help you find local community groups and opportunities that you'll enjoy, and support you to join in.

*It all starts with a conversation.*

You can be referred by your GP or health practitioner, or refer yourself.

**Call** 0300 004 04 01

**Email** [community.connect@nhs.net](mailto:community.connect@nhs.net)

**Visit** [www.canosn.org.uk/communityconnect](http://www.canosn.org.uk/communityconnect)