



Supporting your wellbeing and independence

Delivered by



Nottingham &
Nottinghamshire

ageUK



Health & Wellbeing

t 01623 488217

e connect@ageuknotts.org.uk

www.ageuknotts.org.uk



This service is kindly funded by



Nottinghamshire
County Council

What is Connect?

We empower people to find solutions to enable them to stay independent and improve their health and wellbeing.

Connect is a short-term service with a focus on helping people find solutions to enable them to remain safe and well at home. We offer information, advice, signposting, and practical support around:

- Physical and mental health
- Care needs
- Bereavement
- Housing
- Finances
- Social interaction
- Engagement with community

Who is this service for?

Adults (18yrs +) living in Mid Nottinghamshire and South Nottinghamshire who feel they have deteriorating independence or health through age, mobility, physical disability, learning disability, Neuro-diverse conditions, long term health conditions or bereavement.

Mid Notts:

Ashfield, Mansfield, Newark and Sherwood

South Notts:

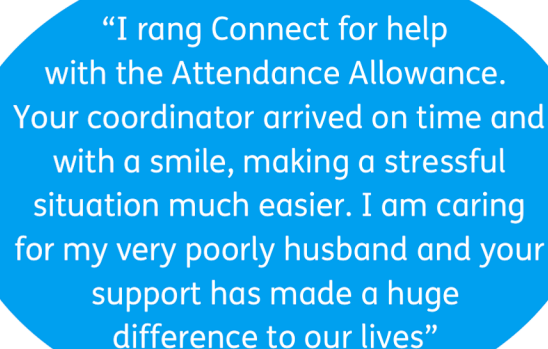
Gedling, Broxtowe, and Rushcliffe

How much does this service cost?

Free

How is this service delivered?

In person via home visits, visits in the community, telephone, or video call. Support is for up to an average of 3 months.



"I rang Connect for help with the Attendance Allowance. Your coordinator arrived on time and with a smile, making a stressful situation much easier. I am caring for my very poorly husband and your support has made a huge difference to our lives"

This service is kindly funded by



What support can Connect offer?

We can help you access*:

- Advice and information
- Gardeners, cleaners, and handyperson services
- Home adaptations and aids
- Social activities, clubs and groups
- Support groups, advocacy and talking therapy
- Welfare benefits
- Financial advice
- Available transport
- Exercise and falls classes
- Help to manage long term conditions, including dementia
- Support for people with learning disabilities and / or neuro-diversity
- Carer support
- Housing and care options
- Digital skills
- And much more

* Some services may incur a charge

How to access this service

- Self-referral
- Referral by family or a friend
- Referral by a health professional

Contact Age UK (South and Mid Notts)



Telephone number 01623 488217

Email address connect@ageuknotts.org.uk

Contact Framework (North Notts)



Telephone number 01623 675402

Email address connectbassetlaw@frameworkha.org

For more information on any of our services, please contact us:

Age UK Nottingham & Nottinghamshire

16-18, Bridgeway Centre, Nottingham NG2 2JD

0115 844 0011 or visit us at www.ageuknotts.org.uk

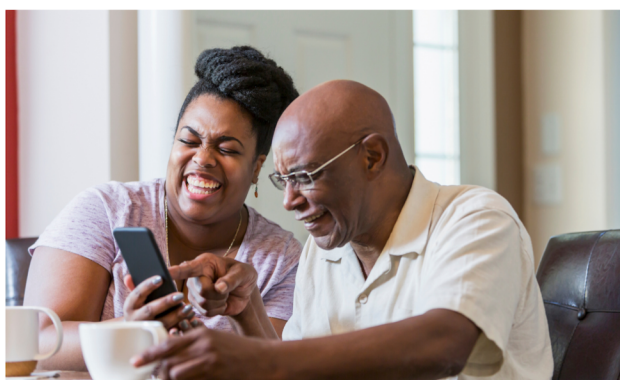


Age UK Nottingham & Nottinghamshire takes a zero-tolerance approach to abuse of any kind

Our vision is for a world in which older people flourish

Every year we help over 45,000 people

**We're local and independent - here to help people in Nottingham
& Nottinghamshire**



**Can you help us make a
difference?**

Yes! Whether it is by volunteering, fundraising, or telling your friends and neighbours about our services, you can help us reach more local people in need.

Get in touch with us today! Check out our website for more information and to sign up to our monthly email newsletter.



This leaflet is sponsored by:

The Lifestyle Centre

Scooters & Wheelchair, Stairlifts, Beds
& Riser chairs and much more....

www.advantagemobility.co.uk

The Lifestyle Centre

16 - 18 Bridgeway Centre

Nottingham

NG2 2JD

0115 697 6409

Advantage
MOBILITY



Age UK Nottingham & Nottinghamshire is a registered charity (registered charity number 1067881) and a company limited by guarantee registered in England and Wales (registered company number 3455485). Correspondence address: The Lifestyle Centre, 16 - 18 Bridgeway Centre, Nottingham NG2 2JD. Registered office: The Sybil Levin Centre, 577a Nuthall Rd, Nottingham NG8 6AD.

V1. Oct 23.