



COMMUNITY

CONNECTORS

Community Connectors can help you access the support you need to improve your physical and mental wellbeing, live more independently and get involved in the community.

MAKE THE CONNECTION



There are many ways to access the Community Connectors. You could drop in to your nearest Community Hub, call to make an appointment using the details on the back of this leaflet, or your GP, nurse or healthcare professional can tell you more about the service.



One of our Community Connectors will meet you for an initial chat, and help you to access the services that best meet your needs.



Your Connector will support and encourage you to become more confident to reach your goals.

WE'RE HERE TO HELP YOU TO

- Take simple, effective actions to improve your health and wellbeing.
- Find new ways to tackle a problem or concern.
- Gain skills and confidence to open new doors and new opportunities.
- Find out more about groups, activities or events.
- Make new friends and widen your social network.

GET IN TOUCH




**Community
Hub Central**

Roz Charlton

124 York Road, Hartlepool, TS26 9DE

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**Community
Hub North**

Steve Gaffney

West View Advice & Resource Centre,
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**Community
Hub South**

Denise Murphy

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If you'd like to find out more about the
Community Connectors, please contact



www.hartlepool.gov.uk/community-connectors



communityconnectors@hartlepool.gov.uk



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