

CONNECT WELL: DIGITAL

Connect Your Way with flexible or remote connection.

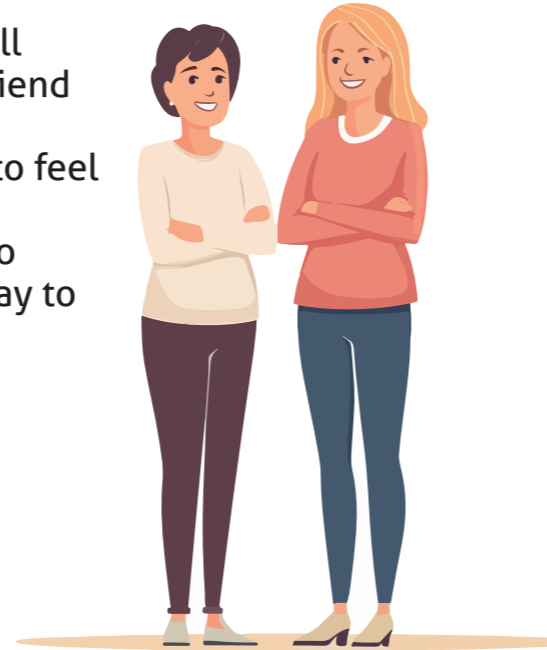


- ✓ Online support groups
- ✓ Virtual coffee mornings
- ✓ Gaming communities
- ✓ WhatsApp neighbourhood chats
- ✓ Social media interest groups
- ✓ Telephone befriending

Connection doesn't have to be in person.

NOT SURE WHERE TO START?

- ✓ Start small
- ✓ Bring a friend
- ✓ Try once
- ✓ It's okay to feel nervous
- ✓ There's no "right" way to connect



CONNECTION IS PERSONAL
What matters is finding something that feels right for you.

CONTACT US

For more information contact by email: abc.connectwell-livewell@southerntrust.hscni.net or call us on **028 3756 1440** and we will get back to you.



Access our webpage to discover organisations offering activities, support and opportunities to connect:



Visit our Facebook page to see what is happening in your community:

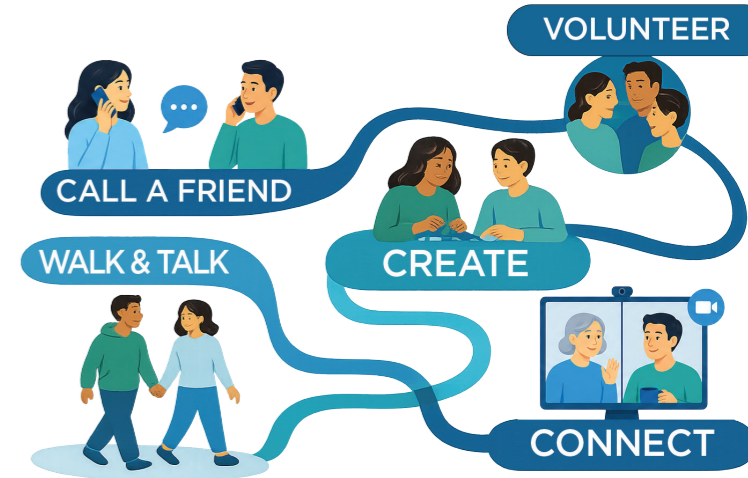


Would you like to connect other people in your area by becoming a Community Connector? Scan here for more details:



THERE ARE SO MANY WAYS TO CONNECT...

Choose one that works for you



Connection looks different for everyone - and that's okay.

CONNECT WELL: TALK AND SHARE

If you enjoy conversation or small social settings.



- ✓ Coffee mornings
- ✓ Peer support groups
- ✓ Book clubs
- ✓ Faith gatherings
- ✓ Parent & toddler groups
- ✓ Men's / women's circles
- ✓ Community lunches
- ✓ Cultural groups

Start with a smile. Stay for a chat.

CONNECT WELL: MOVE TOGETHER

If you prefer to be active.



- ✓ Walking groups
- ✓ Parkrun
- ✓ Chair-based exercise
- ✓ Dance classes
- ✓ Gardening clubs
- ✓ Walking football
- ✓ Buggy walks
- ✓ Rambling groups

Move your body. Meet your people.

CONNECT WELL: CREATE AND LEARN

If you would like to connect through shared interests.



- ✓ Art or craft workshops
- ✓ Knit & natter
- ✓ Photography clubs
- ✓ Music groups / choirs
- ✓ Cooking classes
- ✓ Language swaps
- ✓ Tech help sessions
- ✓ Board game nights

Shared hobbies spark conversation.

CONNECT WELL: GIVE SUPPORT

Why not connect through helping others?



- ✓ Volunteering
- ✓ Community connectors
- ✓ Befriending services
- ✓ School support
- ✓ Charity fundraising
- ✓ Community gardens
- ✓ Mutual aid group

Helping someone else helps you too.