

What is *Community Connect?*

Community Connect is a partnership between you, community organisations, adult social care services and health services. We are working together to provide support and advice to help you live as independently as possible, for as long as possible, in your own community.

The Community Connect team will help you find solutions that really suit you and how you live your life.

How can *Community Connect help me?*

Community Connect can help you in a number of ways:

- You can get information and advice quickly.
- You can get the support you need to stay independent.
- You can get help to find out about what is happening in your community and meet new people.
- You can find out about volunteering opportunities.
- You can find out about equipment to support you to live at home.
- If you are a carer, you can get advice and support with your caring role.

Somerset *Community Connect*



**Helping you find solutions to keep you
independent for longer**

Where to go for information and advice?



Talk to a social worker, a volunteer or community agent at a Community Connect drop-in. All of the dates and venues can be found here:
www.somerset.gov.uk/dropin



Look online www.somersetchoices.org.uk. The website provides information on local services, groups and events. People who may be able to help you can be found here:
www.somerset.gov.uk/communitysupport



Visit the Independence Advice Centre (IAC) for advice on equipment. You can speak to someone about your options and 'try before you buy'. To make an appointment call the phone number below.



Call or email Somerset County Council to speak to someone about what matters to you and what is available to support you.
Call 0300 123 2224 or
email adults@somerset.gov.uk



#doityourway

Before you speak to someone it might be good to think about the following:

What am I worried about?

What do I want to change?

What do I want to be able to do?

Who do I know that might be able to help?

What have I already tried?

What do I enjoy?

What do I want to achieve?

We will work with you to find a solution that works for you.