

INTRODUCTION TO COMMUNITY CONNECTING



Wiltshire Centre for Independent Living
11 Couch Lane, Devizes, SN10 1EB
Charity no. 1120611 Company no. 5480761



WHAT IS COMMUNITY CONNECTING

The Community Connectors work alongside anyone who would like to work towards a more positive future and who feels that they currently aren't able to live well.

This could be for lots of reasons and can include recovering from illness, coming to terms with big life changes, events such as a death of a loved one, or losing touch with family and friends.

The support we offer is different for everyone, as its personalised to them. We start with the question: What does a good life look like for you? depending on what we talk about we then work with you to develop plans to get you living that life.

Support can range from setting and achieving personal goals, community involvement, confidence building, health and wellbeing, finding work, relationship building, money and debts or hobbies.

Brenda's Story

Once I became a mum I moved myself to the bottom of the pile of priorities. I had a chat with a community connector and figured out what I really wanted to do.

We went to a walking group together and this spurred me on to do more for me. I started going swimming by myself 3 times a week and I've even started speaking to the other ladies that go.

My connector is a jack of all trades. she has helped me apply for some money to fix somethings in my home and she's even helped me go to a disabled riding place .



Frequently Asked Questions



Why have I been referred to you?

We receive referrals from GP surgeries, hospitals and other organisations. You may have expressed an interest, in looking at help with some aspects of your life.

Are you a support worker?

No, we work alongside you whilst you are looking to make positive changes. This may involve doing some things together in the community or in your home. We won't do things for you but we can help to find the right resources.

How long will you work with me?

We don't have any set timescales or set amount of sessions. As long as you are actively working towards your goal we can work together. We can change any goal at any point. The support is led by you!

Can you come for a coffee and a chat on a regular basis?

We might have a first visit as a coffee and a chat but the visits after that are focused on moving forwards towards your goals.

How often will we meet?


We can meet as often as you need providing we are doing things to achieve your goals and the Community Connectors diary allows for it. You are in charge of the changes you want to make and we will champion you as you do this.

Can you come to the activity with me?

Yes! If you need a little support to get to an activity then we can go with you. However we will help you to explore ways for you to go on your own, we will go with you until you feel confident going on your own.

When will you stop seeing me?

When you have achieved your goals. By the end of our time together you will be living your good life and won't need us. If you aren't in the right place to move forward then we will pause and you can come back to us when you are ready.



Contact the Community Connectors:

www.wiltshirecil.org.uk

wcil.connectors@nhs.net

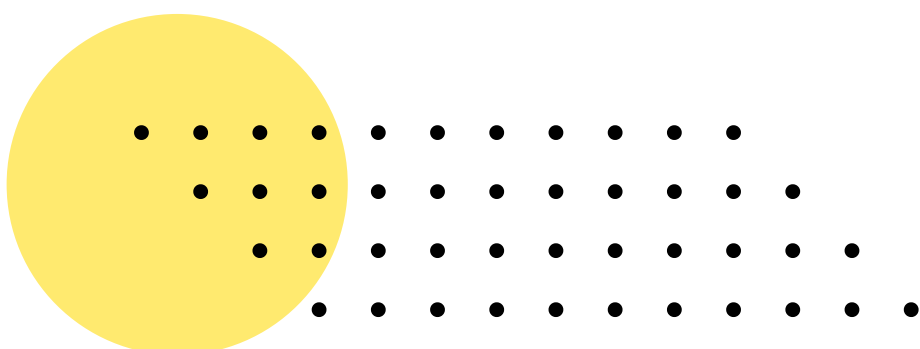
0300 1233 442



@wiltshirecil



@wiltscil



September 2023