

# Connect

MID AND SOUTH  
NOTTINGHAMSHIRE

*Supporting your wellbeing and independence*

Delivered by



Health & Wellbeing

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e [connect@ageuknotts.org.uk](mailto:connect@ageuknotts.org.uk)

[www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)



This service is kindly funded by



# 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:

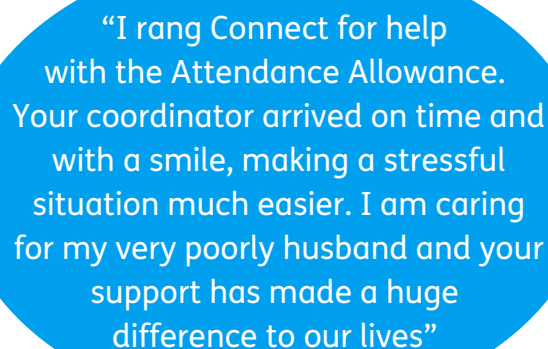
Gedling, Broxtowe, and Rushcliffe

## 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”

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## 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 - Scan the QR code to access this directly
- Referral by family or a friend
- Referral by a health professional

SCAN ME



## 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](http://www.ageuknotts.org.uk)





Everything we do, we do to make a positive difference to everybody that we interact with.

We show integrity and treat each other with respect, kindness, and compassion, celebrating our differences and our diverse community.

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

## Age UK Nottingham & Nottinghamshire

The Lifestyle Centre  
16-18 Bridgeway Centre  
Nottingham  
NG2 2JD



0115 844 0011



[info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)



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