



### How to contact Connect

We offer regular appointments and group activities in Broxtowe, Gedling and Rushcliffe. To find out more, or to make an appointment, please call us on **0115 939 5406** or email us at [connect@metropolitan.org.uk](mailto:connect@metropolitan.org.uk)

To access the service in Mansfield, Ashfield and Newark & Sherwood, please contact Age UK on **01623 488217** or [connect@ageuknotts.org.uk](mailto:connect@ageuknotts.org.uk)

To access the service in Bassetlaw, please contact Nottingham Community Housing Association on **0115 8443541**.



Published winter 2016

We want all of our customers to be able to understand the information we provide. If you need this leaflet in your own language, or in an alternative format (e.g. **large print**, Easy Read, Braille, audio disc), please contact us on **020 3535 3535** and we will take reasonable steps to arrange this.

Metropolitan: The Grange, 100 High Street, Southgate, London N14 6PW.

Tel: 020 3535 3535. Visit: [www.metropolitan.org.uk](http://www.metropolitan.org.uk) or tweet @metropolitanorg



Metropolitan



# Connect

## Community-based support in Broxtowe, Gedling and Rushcliffe

**Connect is a community-based service offering short-term help when you need it. We offer practical advice and information and can put you in touch with other local services that are best placed to help you deal with whatever issues may affect your independence.**

### Who is Connect for?

Adults living in Broxtowe, Gedling or Rushcliffe, who feel their independence is at risk because of a health condition, age, mobility, disability, bereavement – or any other reason.

### How does Connect work?

Our flexible, professional service is all about giving you the right support at the right time and is tailored to meet your own particular needs. We offer:

- an advice, information and signposting service
- up to three months tailored support.

You can talk to a member of the **Connect** team by phone or we can arrange an appointment for a more in-depth conversation. Appointments are flexible and can take place somewhere convenient for you, whether that's at home, at one of our regular community activities – or even by phone.

The **Connect** service is free and covers a range of areas, including:

- **Improved physical, emotional or mental health and wellbeing:** Keeping active, rediscovering skills and interests, exercise groups, preventing falls, finding carers, help to manage long term health conditions including dementia.
- **Maintaining independence:** Support to find local services, opportunities and resources to help improve your self-confidence and give you more control.
- **Managing money:** Support to help you budget effectively and manage your income and expenditure, for example your rent and bills.
- **A safe and secure home:** We can provide advice and support on anything from repairs and gardening to home security; from aids and adaptations to looking at options for moving home.
- **Getting involved in your local community:** Support to find local activities, clubs, groups and leisure facilities.
- **Befriending and social activities:** Getting in touch with old friends and meeting new ones.

