

# Let's Connect

Our community

## Wellbeing Network

Let's Connect is a social network to support the wellbeing of people over the age of 18 by connecting with each other, with organisations and services and with the rich opportunities in our community.

Those who join the network will bring their own strengths as well as gaining from the support of others, based on their own personal choices.



### What we offer

- **Let's connect meetings** - We have regular meetings to support you to build a social network or to simply have contact with someone
- **Individual meetings** - We can offer up to six individual meetings to support people think about what they would like to do or connect with in their life
- **Community connection** - We can connect you to groups and organisations in your local community that can support you or may interest you

### How to join

If you'd like to join the network, please contact us at:



[LetsConnect@berkshire.nhs.uk](mailto:LetsConnect@berkshire.nhs.uk)



0300 365 4440



Dates and locations of our Let's Connect meetings will be provided when you join. Individual sessions will be arranged by phone.

## Who can join?



You might live in the local area and feel your wellbeing would develop with more social contact and better information about your rich local community



You may have had support for your mental health in the past and now you want to make more choices about how to support your health



You may still be receiving support for your mental health but want to additionally make choices about other ways to support yourself through social contact

# Shaping our community together

Let's Connect is coproduced with citizens and thrives in collaborations with voluntary and community organisations.

## We all have different strengths

We believe that by putting people at the heart of their own wellbeing journey we can help each other to grow connections, combat feelings of isolation and strengthen the wellbeing of local citizens.

Saying "Hi, it's good to see you" may be an important contribution you have made to someone's life, and that's just the start!



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