



## Community Connectors

### FAQ's

#### **What is the Community Connector service?**

Community Connectors is an accessible and inclusive new service which aims to improve the social and wellbeing needs of people in the South East, City & South, and East of Cardiff.

#### **What does the Community Connector service involve?**

The Community Connectors role is to help you access local community groups, services and support that may be helpful to you and your wellbeing.

You will be offered an initial appointment with a Connector who will listen to what's going on for you right now and discuss with you a plan for support. You may be offered follow up sessions with your Connector to discuss how you're getting on.

Examples of services Community Connectors can help you access –

- Gardening clubs
- Food banks
- Befriending services
- Money/ debt advice
- Social groups
- Education/ training
- Physical activity

#### **Is the Community Connector service right for me?**

The Community Connector service might be helpful for you if;

- You are over the age of 18
- You feel you would benefit from social and wellbeing support, as an alternative or in addition to medical care or treatment

#### **Who would *not* be suitable for the Community Connector service?**

There are no exclusion criteria identified for the service. However, the service should not be in place of specialist mental health support or medical intervention.

#### **How can I refer myself for the Community Connector service?**

If you are registered with a GP Practice in the South East, City & South and East of Cardiff you can speak to anyone in your Practice for a referral into the service. Please contact us if you would like to find out if this service is running in your area.

You can also self-refer by contacting us directly on **02920 467 096** or email **[communityconnectors@cardiffmind.org](mailto:communityconnectors@cardiffmind.org)**.

Interpreters available on request.

**Please get in touch if you have any questions!**