

# **Community Connectors**

Helping to bridge the gap between local services and communities

## What do we do?

As Community Connectors, our aim is to work collaboratively with local services and organisations to be able to reduce individuals social isolation and help the wider community to build connections, matching their needs with both existing and new initiatives. The aim of the Community Connector Project is to build a sense of community and allow a safe space for people access the support they may need.

Building social bridges within the community and continuing to strengthen connections is the heart of the Community Connectors.

## Services we offer:

Our exciting and fun Community Hub will offer a range of services for the community to access. These include:

- Signposting to different local services for the community to access which are tailored to their needs
- Sessions for the community to access help with differing needs
- Varying groups individualised to the community such as women's group, young people's group and more
- Courses specified to different needs such as confidence building, basic literacy and maths, and managing money
- Tailored one to one support aimed at personal development



# When is it on?

Please find below a timetable showing the various groups and courses we have on offer:

Monday	Tuesday	Wednesday	Thursday	Friday
 Morning Mindfulness 10:00am-10:30am	 Social Hub* 12:00pm-1:00pm	 Parents Group 12:30pm-1:30pm	 Welcoming Women 1:00pm-2:00pm	 Soup-er Hub* 1:00pm-3:00pm
 Social Hub* 12:00pm - 1:00pm	 Fresh Minds 1:00pm-2:00pm	 Foodology** See right for info PRE-BOOK ONLY	 Games Hub 2:00pm-4:00pm	
	 CC Course** See right for info PRE-BOOK ONLY	 Men's Group 1:30pm-3:00pm		

-  Pre-booking essential
  -  Drop-in
  -  Pre-booking advised
  -  Cost to service
- Community Connector groups no assessment need

The Social Hub is a place where you can talk to other service users, speak with staff about our services and enjoy a cuppa!

## Accessing our service

To be able to access the Community Connector service and be able to utilise the community hub, please complete a referral form. To do this, you can either call Northampton MIND or email enquiries. Please see our contact details below for making a referral.

### Get in Touch!

t: 01604 634310

e: [enquiries@northamptonshiremind.org.uk](mailto:enquiries@northamptonshiremind.org.uk)



# Community Connector Groups and Courses

Ladies Group Providing a safe environment to discuss life's challenges and explore self-care

---

Parent's Group For parents who may be struggling to connect with others in a similar situation

---

Men's Group Where men can support each other through everyday struggles

---

Fresh Minds Aimed at 18-25 year olds to support and foster independence

---

Morning Mindfulness Supporting you to feel relaxed and find tools and techniques to be more mindful in life

---

## Community Connector Courses

Building Self-Confidence Helping you to build confidence and break down barriers to accessing community support

---

Back to Basics Supporting you with basic literacy and mathematic skills

---

Every Penny Counts Supporting you to improve wellbeing and confidence surrounding your finances and money management