
Local NHS Trust expands social network across Berkshire.

This Mental Health Awareness week, Berkshire Healthcare NHS Foundation Trust is proud to announce its Let's Connect Wellbeing Network has recently expanded across all major areas of Berkshire.

Let's Connect is a social network which aims to support individuals' wellbeing by helping them connect with other people, organisations, services, and access opportunities within the community.

With over 220 members, the network puts people who are suffering from loneliness and mental health challenges at the centre of their own wellbeing journey, to provide them with the chance to grow connections and combat feelings of isolation.

Let's Connect has informal community socialising sessions for people aged 18 and over which take place in Maidenhead, Newbury, Reading, Slough and Wokingham, as well as up to six individual meetings, to help people think about what they may like to do, or who they may like to connect with in their lives. The network also offers the opportunity to connect with the local community, through groups and organisations which can offer support.

The Let's Connect Community Wellbeing Network is part of the Community Mental Health Transformation Programme, which includes a range of new and transformed services providing holistic care for people across the county.

Richard, who is part of the Let's Connect Wellbeing Network in Wokingham said about his experience with the service:

"The main thing I've got from being part of the network is the opportunity to spend time with others, in a comfortable, relaxed setting. I hope I've been able to be supportive to others, with listening, words of support and also regular attendance at Let's Connect sessions."

Ling Clarke, one of the Let's Connect Community Wellbeing Network Team Leads said:

"We have had a brilliant response to all our Let's Connect meetings across Berkshire. In the increasingly digital-first world we live in, more and more people are becoming isolated which can be detrimental to their wellbeing. Our network meetings offer space for people to have contact with others, and our 200+ members are proof that though simple, our service is an invaluable asset to the local community."

You don't need have a diagnosis of a mental health condition or be receiving care to come to any of the Let's Connect meetings. More information can be found on the Berkshire Healthcare website: [Let's Connect Community Wellbeing Network | Berkshire Healthcare NHS Foundation Trust](#)

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Berkshire Healthcare
NHS Foundation Trust

Notes to editors:

1. About Berkshire Healthcare NHS Foundation Trust Berkshire Healthcare NHS Foundation

Trust provides specialist mental health and community health services to a population of around 900,000 within Berkshire. We operate from more than 100 sites across the county but the vast majority of the people we care for are supported in their own homes. We have 216 mental health inpatient beds and 180 community hospital beds in five locations. Visit www.berkshirehealthcare.nhs.uk
The Trust is rated by the CQC as Outstanding.

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