

# Let's Connect

## Our community wellbeing network

Let's Connect is a social network to support the wellbeing of citizens over the age of 18 by connecting with each other, with organisations and services and with the many 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 Let's Connect 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

### 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

### 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

Scan to join



\*Individual sessions arranged by email or phone

## Let's Connect Wellbeing Network - social sessions

We invite you to join us to meet others and make new friends and connections. You can also get information about connecting with other things of interest in the local community

### Reading 10.30am - 12pm

Weekly starting 4<sup>th</sup> of January 2024

Find us upstairs at the Biscuit Factory, Unit 1A, Queen's Walk, (Corner of Oxford Road), Reading, RG1 7QE

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### Wokingham 1pm - 2pm

Every other Thursday starting 11<sup>th</sup> January 2024

Find us upstairs at the Community Hub, Waterford House, Erfstadt Court, Wokingham, RG40 2YF

Jan 11th, Jan 25th, Feb 8th, Feb 22nd, Mar 7th, Mar 21st, Apr 4th, Apr 18th, May 2nd, May 16th, May 30th, Jun 13th, Jun 27th

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### Newbury 12pm-1pm

Every other Tuesday starting 9<sup>th</sup> January 2024

Find us in Room G4, Ground Floor, Broadway House, 4-8 The Broadway, Newbury, RG14 1BA

Jan 9th, Jan 23rd, Feb 6th, Feb 20th, Mar 5th, Mar 19th, Apr 2nd, Apr 16th, Apr 30th, May 14th, May 28th, Jun 11th, Jun 25th

Scan for  
more details



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