

## Wirral InfoBank

The online **Wirral InfoBank directory** enables Wirral residents to find **local community support services, community groups, organisations, faith groups, charities, and select relevant businesses** that offer services to Wirral residents to improve all aspects of their **health and wellbeing**.

The directory reflects and responds to the needs of community members across Wirral, detailing the assistance that residents can access within all aspects of community life. This includes where to get assistance with money issues, employment, physical and mental health support, improving your fitness, religious worship and support, hobbies, clubs, and various support groups and community venues.

To access visit [www.wirralinfobank.co.uk](http://www.wirralinfobank.co.uk)

For all enquiries regarding listing your service on the Wirral InfoBank please email: [wirralinfobank@involvenorthwest.org.uk](mailto:wirralinfobank@involvenorthwest.org.uk) or call **0151 644 4500 (Option 8)** Inclusion is **FREE**.

## Over 5,000 people from the Wirral already have a Community Connector

*Don't take our word for it about the benefits of having a Connector...*

"After working with the Connect Us team I feel much less isolated and more involved with my community. I'm so glad I gave it a shot."

"I would like to say thank you to the ConnectUs team for the information provided. I didn't think anyone could help me. I was pleasantly surprised at what was available. Thanks for helping me make those calls."

"I want to thank the connectors for all their help. I am now on my way back into a job."

"Thank you to the ConnectUs team, after working with you I am going to recommend you to a friend and family member."

"I feel like I've got my mojo back."

"I was feeling down but didn't know where to start. Using Connect Us was the boost I needed to get going. I've started a new group and met some new friends. I feel so much better."

...you're not on your own

**Call us on 0151 644 4516**

 or email [connectus@involvenorthwest.org.uk](mailto:connectus@involvenorthwest.org.uk) 



# Connect Us

## For all life's ups and downs

Your Community Connector can point you in the right direction



**Call us on 0151 644 4516**

# How can I get involved and help my local community?

**There are many ways we can help to reduce loneliness and isolation in our Community...**



If you can 'Spare 5' minutes and encourage others to do the same you could be a Spare 5 Ambassador for your neighbourhood.

The only requirement is to give 5 minutes of your day for others and be a 'Good Neighbour'. There is no major commitment. Just simple things in life that make a difference to others. saying "Hello" or taking someone's bins out, or passing on some helpful community information on local activities, opportunities, groups and support.

**You may be the only person your neighbour sees today. You can make the difference.**

All you need is an interest and an hour a week. A Community Connector can help you find a space to get started and give you some handy tips on how to encourage people to attend. You could even start a virtual online group from home.

Being amongst people with a shared interest boosts wellbeing and has a positive impact on the people in your community by reducing isolation.

**We may have small funds available to help you kick start a new group if required to get you going.**

There are so many wonderful opportunities on the Wirral to give something back to the people in your community. Even half a day a week can have a massive, positive and lasting impact on the lives of many people in your community and improve your own wellbeing. Your interests can be matched to the volunteering opportunity to ensure you benefit.

**Give something back to your community!  
Call us on 0151 644 4516**

# Community Connectors

**We are all different, unique and special. Life throws different challenges at us all.**

The challenges we face in life affect our mood. Life events affect us all mentally and physically and can leave us feeling isolated.

A chat with your local Community Connector about your particular challenges can help you set goals towards feeling better and improve your health and wellbeing.

A connector provides you with the information you need to get started by signposting or referring you to a range of activities, groups, organisations, charities & services depending on your goals.

Your Community Connector can offer you some further help to link in if you are feeling anxious such as supporting you to make a call.

*We've often been told by people how surprised they feel about how much is available to them on their local doorstep.*

Community Connectors work at your pace and there is no pressure. The rest is down to you to decide whether you want to **give it a go, connect and do what's required to make positive steps forward.**

**You can come back to us anytime when life throws you another challenge.**

**Connect Us is a completely FREE Service**

**Start your journey today  
Call us on 0151 644 4516**

or email

**connectus@involvenorthwest.org.uk  
www.involvenorthwest.org.uk**

**Spare**  
Spare time to connect

5

**Start a new group**

**Volunteer**

**Positive changes to your life have proven benefits to your health and wellbeing**

