

What next?

You can talk to a member of the **Connect** team by phone or we can arrange an appointment for a more in-depth conversation. Appointments are flexible and can take place somewhere convenient for you, whether that's at home, at a local venue - or even by phone.

To find out more, or to make an appointment, please call us on:

0115 939 5406

or email us at

connect@metropolitan.org.uk

Metropolitan Connect
Stapleford House
Wesley Place
Stapleford
Nottingham
NG9 8DP

To access the service in:

Mansfield, Ashfield and Newark & Sherwood, please contact Age UK on 01623 488217 or connect@ageuknotts.org.uk

Bassetlaw, please contact Nottingham Community Housing Association on 0115 844 3541 or NCHA BassetlawConnect@ncha.org.uk

We want all our customers to be able to understand the information we provide. If you need this leaflet in your own language, or in an alternative format (e.g. **Large print**, **Easy Read**, **Braille**, **audio disc**) please contact us on 0115 939 5406 and we will take reasonable steps to arrange this.



Metropolitan
Improving **life** together

Connect →

Stay
Independent,
Active and Well



Free support in Broxtowe,
Gedling and Rushcliffe

Funded by:



Connect

Connect is a community based service offering short-term help when you need it. We offer practical advice and information and can put you in touch with other local services that are best placed to help you deal with whatever issues may affect your independence.

Who is Connect for?

Adults living in Broxtowe, Gedling or Rushcliffe, who feel their independence is at risk because of age, mobility, disability, bereavement or a health condition.

How does Connect work?

Our flexible, professional service is all about giving you the right support at the right time and is tailored to meet your own particular needs.

Ways in which we can help...

- ➔ Completing forms for benefits, housing, blue badges, etc
- ➔ Signposting to local organisations who best meet your needs
- ➔ Boosting confidence to get out and about in the community
- ➔ Support to attend appointments
- ➔ Offer up to 3 months tailored support

We are unable to provide...

- ➔ Personal care
- ➔ Gardening
- ➔ Cleaning
- ➔ Shopping
- ➔ Transport
- ➔ Support with Financial Assessments

but we can signpost you to organisations that can help.

