

Suffolk Family Carers

Living Fuller Lives



**CONNECT
for health**
Being Well Together



Connect for Health

Look out for the Community Connector bus!

The Community Connector is available for a private face to face discussion with anyone who feels stuck in a rut and needs support to get more active or more involved in the local community.

The Community Connector asks 'What matters to you?' and not 'What's the matter with you?'

Call 01473 835445 for an appointment or pop onto the bus and say 'hello'. You'll be sure of a friendly welcome.



Connect for Health Community Connector Bus November 2019

Tuesday 5th November 2019

10am to 2pm

Barham and Claydon GP
Surgery

Wednesday 6th November 2019

9.30am to 12pm

Shotley Community Centre

Wednesday 6th November 2019

12.30pm to 3.30pm

Capel Community Centre

Tuesday 12th November 2019

10am to 2pm

Claydon Crown Public House car
park

Wednesday 13th November 2019

10am to 2pm

Stutton Community Shop

Tuesday 19th November 2019

10am to 2pm

Barham and Claydon GP
Surgery

Wednesday 20th November 2019

10am to 2pm

Holbrook Village Hall

Tuesday 26th November 2019

10am to 12pm

Claydon Crown Public House
car park

Wednesday 27th November 2019

9.30am to 12pm

Shotley Community Centre

Wednesday 27th November 2019

12.30pm 3.30pm

East Bergholt GP Surgery