



# Has the last year knocked your confidence?

Could you do with some  
support to regain your  
independence?

**Connected Communities**  
maybe able to help you.

*We care about what  
matters to you!*



Connected Communities is a free service available to people 65 and over. We may be able to help you:

- Improve your mental and emotional wellbeing
- Feel less lonely
- Improve your anxiety levels and depression
- Put you in contact with experts for legal advice, debt management and bereavement support.
- Improve your quality of life, health and resilience.

**WE'RE NEXT  
NEAR YOU:**

CC-A5Leaflet-AfterLockdownSupport-2021-V3



Call Connected Communities on 01473 835477 or  
email [ConnectedCommunities@suffolkfamilycarers.org](mailto:ConnectedCommunities@suffolkfamilycarers.org)