

Are you looking for ways to reconnect with your community?

Connect with a Wellbeing Navigator

Thames Ward Community Project and the Council are launching a pilot to help local people connect with their neighbours and get healthy.

Wellbeing Navigators are local residents who are there to listen, offer friendly support and connect you with health services and fun local activities, such as sports, gardening, arts & crafts, wellbeing events and many other community groups.

Wellbeing Navigators will:

- Have warm conversations with you in a public space.
- Understand your health needs.
- Create a personalised plan to get you connected to fun local activities and groups.
- Refer you to a local GP if required.

Contact Us

Contact us if you want to be connected to a Wellbeing Navigator:
alex@twcp.org.uk

