

Making Connections Walsall

Get Connected, Stay Connected



Making Connections Walsall is a friendly service for residents of all ages in Walsall that aims to address loneliness, social isolation and to empower residents to take responsibility for their own health and well-being

0121 380 6690



Walsall Council



**MAKING
CONNECTIONS
WALSALL**

What is the Making Connections Walsall Project?

Making Connections Walsall tackles loneliness and social isolation by offering one to one support to help Walsall residents engage in community activities and build social networks.

Why addressing loneliness is important

“The most terrible poverty is loneliness, and the feeling of being unloved.” Mother Teresa

Loneliness:

- Is more harmful than smoking 15 cigarettes per day
- Is more harmful than inactivity and obesity
- Increases the risk of depression
- Increases the risk of dementia
- Increases reliance on health and social care services



The importance of strong social networks, access to friends and family, and an active social life should not be underestimated. Those who lead happy and active social lives enjoy improved health and well-being than those who do not.

How does it work?

There are lots of groups, organisations and clubs in Walsall which can support the health and well-being of local people. However, people often don't know about them. Referrals are processed by the West Midlands Fire Service (WMFS) who will connect you to your local hub organisation.

The social connector will arrange to meet you, either in your home or at a community venue in your local area. At the first appointment they

will discuss with you the types of activities you enjoy and will help you identify activities and projects available in your community. This service is about helping people build their social networks (it is not a treatment program for physical or mental illness).

Examples of available activities include

Reading groups, parent and toddler groups and youth provision, mobile library service, dementia cafes, keep fit, bereavement support groups, ballroom & sequence dancing, tea dancing, volunteering, bowling, arts and crafts, shopping services(for those who wish to do their own shopping), gardening, luncheon clubs, coffee mornings, men's sheds, knit and natter groups, adult education classes, befriending service (home visits and telephone).

Who is eligible?

- All Walsall residents
- Who live in Walsall
- Who are lonely or socially isolated



Everyone is different so we will help you find out what's right for you and then support you to access the right group or organisation.

How do I get a referral?

Anyone can refer you to us, including:

- Your GP
- Any other health care professional (e.g. practice nurse, pharmacist)
- Any other social care professional (e.g. carer)
- Other public sector workers (e.g. fire services)
- You can self-refer - see back page for details

People accessing this service will be offered the opportunity to have a Safe and Well Visit if they have not previously had one.

How to Self-Refer

Telephone: 0121 380 6690

Quote reference No. 3144

If you are a community group who would like to receive referrals from Making Connections Walsall, contact us by email via: MCW@walsall.gov.uk



How will my information be used?

The information you provide will be used to identify your social needs and help connect you to new groups and social activities.

The Making Connections Walsall (MCW) consortium of services stores the personal data you provide. Your data will be used for providing you with the service you have requested and for the purpose of evaluation.

Personal data will be collected, processed and stored in accordance with the General Data Protection Regulations and the reformed Data Protection Act 2018.

Please visit our website to read our full Privacy Notice.

Your consent is required to access this service. If referring on behalf of someone else please ensure you have their consent prior to making this referral.

In partnership with:



Walsall Council

WEST MIDLANDS FIRE SERVICE

