

# TRINITY WELLBEING HUB COMMUNITY CONNECTOR & PEER SUPPORT NEWSLETTER.

Supporting the Whole Person

SPRING 2022



## WHO WE ARE AND WHAT WE DO.

### Peer Support Role Cindy —

Working from personal experience to support others to regain control over their own health.

Fancy a chat with someone who's not going to judge, tell you what to do or tell everyone what you've said?

Meet in a setting comfortable for you—go for a coffee or walk and talk.

It can be just an hour or a regular appointment.

Support given 1:1, face to face, phone, text and email.



### Community Connectors Role Elise and Sue -

Listening to individuals and community groups to find out what is important and what is missing in order to best provide for those who use local services.

Working with other agencies to promote health and wellbeing whilst increasing independence

We also work in partnership with CarersFirst and host a Banter Breakfast and a bereavement support buffet lunch. We work with the Spilsby Wellbeing hub and the Brotherhood Project

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## Get in touch —

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Trinity Centre

Faith, Worship, Community

# SAFE SPACE CAFÉ.

OPEN TUESDAY AND THURSDAY

Join us at Trinity for a cuppa or a bite to eat in a safe relaxing environment.



## WHAT'S ON



MONDAY	LGBTQ+ Group at Spout Yard Gallery
TUESDAY	Safe Place Cafe
WEDNESDAY	Shine Drop in Support Group
THURSDAY	Safe Place Café, Bereavement Group
SATURDAY	Daddies, Laddies and Lassies