

# Community Links

## Darwen

connect...

keep  
learning...

be active...

take notice...

give...

Community Links is an approach to help people connect with activities that will improve their quality of life, health, social, emotional and economic well-being



Some examples of activities on offer:

- Arts & Crafts groups
- Education & Training
- Exercise groups
- Friendship & social groups
- Hobbies or interests
- Leisure & sport
- Support groups
- Voluntary work

Do you need support with?

- Loneliness
- Fitness Issues
- Improving your self-confidence & self-esteem
- Meeting new people & making new friends
- Learning new skills or finding a job?
- Finding new hobbies & interests?





## Community Links:

- Linking you to what is going on within your community
- Linking you to activities
- Linking you to people who can help and support you
- Linking you to social groups
- Linking you to public services
- Linking you to volunteering opportunities

Improving links between community groups, charities, public services to help you.

For more information  
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