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**Community Support**

connecting people and communities

* ***Are you lonely?***
* ***Are you fed up, bored or stuck in a rut?***
* ***Do you have time on your hands?***
* ***Are you recently retired?***
* ***Do you want to try something new  
  but don’t know where to start?***
* ***Do you need to meet new people?***
* ***Do you need help to find more support  
  with everyday living?***

If so, contact Fiona, the Community Navigator, who will be happy to meet you and explore your opportunities through local activities, facilities and services that might be of interest.

If you are a carer, or know of someone that might benefit,  
please get in touch.

Referrals or enquiries are welcomed from anyone.

This is a free one-to-one personalised support service.

Fiona Fyfe, Community Navigator  
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