



Haverhill LifeLink

Linking Lives Together

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HAVERHILL
LifeLink
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ONE
HAVERHILL
PARTNERSHIP

What is Haverhill LifeLink?

Haverhill LifeLink will support those living in and around the town. It aims to connect people to the many social activities, clubs and groups that are on offer in the community.



What is included?

- Up to six hourly sessions with your LifeLink Coordinator, after the initial meeting.
- Access to the Haverhill LifeLink drop-in providing an opportunity to meet other like-minded people.
- Build your own personal action plan around what is important to you.

Who can take part?

Anyone **over the age of 16** and of all **abilities** can get involved in something they have an interest in and would enjoy.

There are a range of **benefits** which include...

- **Improved mental health and wellbeing**
- **Meeting new people and developing new friendships**
- **Feeling healthier and fitter**
- **Learning new skills**
- **Opportunities for volunteering and employment**

How can I get involved?

Step 1:

Get in contact with Haverhill LifeLink directly or talk to your GP.

Step 2:

Your LifeLink Coordinator will then phone you to discuss your current situation and tell you more about Haverhill LifeLink.

Step 3:

Meet your LifeLink Coordinator and discuss a plan to achieve your personal goals.

Step 4:

You will then be introduced to services, groups and activities that you choose. When meeting new groups or activities you can opt to attend with a LifeLink Buddy.

Step 5:

Work together to achieve your personal goals.



Further questions you may have...

Is Haverhill LifeLink for me?

- If you would like to meet new people and get involved in different activities that you are interested in, then yes! LifeLink gives you all the information you need to support you to achieve your personal goals.

What can I get involved in or have access to?

The below gives you a little flavour of what Haverhill Lifelink can get you involved in:

- Debt and benefits advice
- Volunteering opportunities within Haverhill
- Health and fitness groups, such as walking, cycling and dance
- Support groups
- Arts and culture groups
- History groups
- Sport clubs and activities

How much will this cost me?

- Haverhill LifeLink is free. However, some of the groups and clubs that you might like to get involved in may have a small charge but this can be discussed at your meeting with your LifeLink Coordinator.

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