

Ipswich and East Suffolk Integrated Neighbourhood Teams

Connect for Health Providers Referral information



**CONNECT
for health**
Being Well Together

The Connect for Health programme aims to assist individuals to find non-clinical solutions to improve their own health and wellbeing. This can include referrals to organisations to assist or support them to connect with their local community. The programme does this by offering a private discussion* with a Community Connector to explore what matters to the individual.

www.ipswichandeastsuffolkccg.nhs.uk/LocalServices/SocialPrescribing

Eye and North West including Debenham, Mendlesham, Fressingfield, Ixworth, Claydon and surrounding villages.

Suffolk Family Carers

Tel. **01473 835477**

Email: c4h.eyenw@nhs.net

Web: <https://suffolkfamilycarers.org/contact-us>

Stowmarket, Needham Market and surrounding villages

Suffolk Family Carers

Tel. **01473 835477**

Email: c4h.stowmarket@nhs.net

Online: suffolkfamilycarers.org/contact-us

South Rural including Hadleigh, Bildeston, East Bergholt, Holbrook and surrounding areas

Suffolk Family Carers

Tel. **01473 835477**

Email: c4h.southernrural@nhs.net

Online: suffolkfamilycarers.org/contact-us

Ipswich West and Ipswich East

Citizen's Advice Ipswich

Tel. **01473 298637** 0930 to 1630 Mon to Fri

Email: c4h.ipswich@nhs.net

Online: www.citizensadviceipswich.org.uk

Saxmundham and North East

including Aldeburgh, Leiston, Framlingham and surrounding villages

Access Community Trust

Tel. **01502 527200**

Email: connectforhealth1@accessct.org
via Egress [secure]

Woodbridge including Alderton, Wickham Market, Martlesham, Kesgrave and surrounding villages

Shaw Trust

Tel. **07967 395985** Jasmine Ross

or **07790 922228** Dominique Dale

Email: c4h.woodbridge@nhs.net

Felixstowe and surrounding villages

Access Community Trust

Tel. **01502 527200**

Email: connectforhealth1@accessct.org
via Egress [secure]

*During the Covid-19 pandemic, all appointments are over the telephone.