

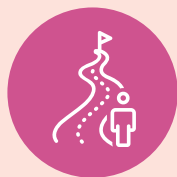


# CONNECT SHEFFIELD

It's your time and you should choose what you do with it.

Whether you choose to get fit, get a job, take up painting, make friends, change your life, go out at weekends or be more independent, Connect Sheffield can help.

Your Connect Membership is £64.63 per week and gives you:



Support to decide what you want to achieve and a plan to get you there.

1 to 1 support to build your independence and introduce you to activities that fit with your plan. Things like joining local groups, volunteering or travel training.



You'll also meet lots of other KeyRing Connect Members. You can pick and choose the activities that work for you from the Connect timetable.

There are plenty to choose from including:



Community Hubs where you'll connect with others, share and learn new skills.

Member-led activities. Things that you've chosen to do together. Like going on a holiday or trying a local art group.



Monthly Digital Hubs to help you improve your digital skills and safety.

Evening and weekend online friendship groups.



You'll even have access to a 24/7 helpline.

If you'd like to find out more, please get in touch:

**[kathryn.littlewood@keyring.org](mailto:kathryn.littlewood@keyring.org) - 07920 292 819**