

Linking you with community activities to improve your health and wellbeing



Are you feeling lonely, isolated or anxious?
Do you just want to be more active
and meet new people?

MÔN COMMUNITY LINK can help you:-

01248 725745 / linc@medrwnmon.org

Your Link, Your Community



**Môn Community Link runs a Social Prescribing service
for people over the age of 18 living on Anglesey.**

The service could help if you are experiencing
any of the following:

- Feeling socially isolated
- Wanting to improve physical health
- Lacking confidence
- Needing to find some practical support
and information to improve your situation.



Our team of Local Asset Co-ordinators will:

- Work with you to identify activities and community
services in your area that suit your interests
- Offer support for you to access these activities and services
- Help you to improve your wellbeing, confidence
and independence

How can I be referred?

Your GP may recognise that you would benefit from some
additional support to improve your health and wellbeing,
and suggest a referral. **YOU** can also contact Môn
Community Link yourself, or ask a family member
or friend to contact us.

Môn Community Link is also the contact point for a
community transport service on Anglesey – Car Linc Môn.
The service is for people over 50 or with a disability, who
have no other means of making essential journeys for:

- ✓ Hospital appointments
- ✓ Visits to the doctor, dentist, optician
- ✓ Doing some shopping
- ✓ Visits to relatives or friends who are ill



Journeys start from £4.50. Contact Car Linc Môn for more information:

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