

Community Connectors – become one today!

Brighton Wellness Hub



WHAT do they do?

Signpost friends, family, colleagues, neighbours and strangers to information to support wellbeing within their own community

WHO are they?

Anyone and everyone can be a Connector

HOW do they do it?

One hour training session

Not a formal volunteer

Provided with information to 'Know what's out there'

WHERE do I find more information about this?

Brighton Wellness Hub – an initiative of Metro North Health Service. Supporting our community to be healthy, connect with others and find the right information to improve wellbeing.

Contact us:

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