

# The Community Wellbeing Team

## An Easy Read Guide:

For people with learning disabilities  
and/or autism and their carers/family

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[www.northlincs.gov.uk](http://www.northlincs.gov.uk)

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 **LiveWell**  
NORTH LINCOLNSHIRE



**Humber and North Yorkshire**  
Health and Care Partnership



## The Community Wellbeing Team

We are the North Lincolnshire Community Wellbeing Team.

We can help you stay healthy, well, and connect with others.



We have group sessions for different ages and abilities that you can come to. We run:



**Social and Coffee mornings/afternoons.**



**Chatterbox.**

**Hub clubs and bring your own craft.**



**Tabletop games.**



**Walking.**



**Fun & flex.**



**Gardening.**



**Finding the best way to get to our activities.**

**History & sharing memories.**



**Bus training for you and your carer/family.**



**We can also support you in other ways, such as:**



**Talks about what is important to you and signposting.**



If you would like to come to any of our sessions, you can call us on: 01724 297214 or email us at: [communityenablement@northlincs.gov.uk](mailto:communityenablement@northlincs.gov.uk)



If you are attending a group with exercise, such as walking, fun, and flex, remember to bring some water.

Before you come to one of our sessions, remember things you might need to bring such as medication.



We look forward to you visiting us!



Make sure you wear the right clothing for the session you are going to.



You can find these sessions and more on the LiveWell North Lincolnshire website:

<https://www.livewellnorthlincolnshire.org.uk/>

When you are ready to work on your health and wellbeing, it is helpful to think about the 5 ways to wellbeing. The 5 ways to wellbeing are:

### Connect:

Spend time with people you like. Talk, listen, and be there for each other.

### Be Active:

Move your body in a way you enjoy. It could be walking, dancing, or playing a sport. Just get moving!

### Take Notice:

Pay attention to the world around you. Notice the little things. Be mindful of your surroundings.

### Keep Learning:

Try new things. Learn a new skill, a game, or discover something about the world. Keep your mind active.

### Give:

Do something nice for others. It could be a small act of kindness or volunteering your time. Giving feels good!

If you are ready to start living your best life, LiveWell North Lincolnshire has something for everyone.





**North  
Lincolnshire  
Council**

[www.northlincs.gov.uk](http://www.northlincs.gov.uk)