

# Darlington Connect

**How we can  
support you**



**Easy  
Read**

# About this booklet



This booklet is about Darlington Connect.

We work together to help people in Darlington get the support and information they need.



We can help you find support for any problem that you are facing.

We can provide help like:



- Helping you to find and use health and **wellbeing** services.

**Wellbeing** means feeling happy and healthy in your body and mind.



- Helping you get support from other organisations that can meet your needs.

We can also:



- Give you information about support with the **cost of living**.

The **cost of living** is how much it costs to pay for the things we need to live, like electricity and food.



- Help you meet people and get involved in your local area.

# Find out more



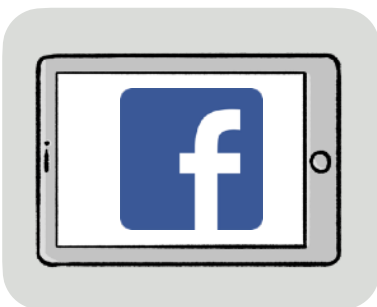
We are open from Monday to Friday,  
9:00am to 3:30pm.

If you want to find out more about  
Darlington Connect, you can:



- Visit us in person at:

Darlington Connect  
6 Northgate  
Darlington  
DL1 1NR

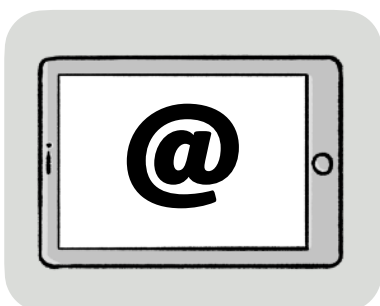


- Visit our Facebook page:  
[www.facebook.com/p/Darlington-Connect-61559794302878](https://www.facebook.com/p/Darlington-Connect-61559794302878)

You can contact us by:



- Phone: 01325 639507



- Email:  
[darlingtonconnect1@gmail.com](mailto:darlingtonconnect1@gmail.com)

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