



# Connect Together



Connect Together is a Social Prescribing service that supports children and young people aged 4 to 16 in LS10, LS11, LS12 and LS13 who might be struggling with their physical and mental health.



Share your details here and we will be in touch.

We provide 1 to 1 sessions and group activities to help children and young people make long lasting connections in their community and improve their health and wellbeing.

We will listen and find out what matters to you. Then work with you to build a plan for long term support. In some cases, we will be able to provide the support and in other cases we will connect you with community groups and professionals to give more specific support

## Get in touch:

[www.barca-leeds.org/service/cypsp](http://www.barca-leeds.org/service/cypsp)

[cypreferrals@barca-leeds.org](mailto:cypreferrals@barca-leeds.org)

0113 255 9582

