

YOUR SESSWICK COMMUNITY AGENT



The Rainbow
Foundation

Supporting over 50's in our local communities with:



improving your
health and wellbeing
applications and claims
to access services



reconnecting you with
your local community



income maximisation
(benefit & debt support)



connecting with others
using digital technology



signposting to
appropriate services



establishing local
clubs & activities

I am here to help you, so please do not struggle in silence.

Sarah Flaherty

Hi, I'm Sarah, the new Community Agent for Sesswick. I am really excited to start supporting the people in and around our local community.

If you think I can support you, your family, friends or your neighbours then please contact me today at:















01948 830242 or 07917 918341



sarah.flaherty@therainbowfoundation.org.uk

HOW I CAN HELP

-  Would you like any help and support finding new hobbies and activities within your local area?
-  Do you struggle with loneliness or the loss of a loved one?
-  Are you caring for another person and would like support?
-  Do you struggle with mobility issues around your home and would like a home visit to see if a community agent can help?
-  Have you fallen more than once in the last 3 months and would like a visit from Wrexham falls team?
-  Do you have any transport issues?
-  Do you have a medical diagnosis you are concerned about and feel you would like extra help and support?
-  Do you suffer with anxiety and depression and feel you need help to manage your symptoms?
-  Are you worried about money?
-  Are your bills getting out of control or do you think you might be entitled to extra benefits and would like advice?
-  Do you need additional support due to Covid 19?
-  Are you struggling with other areas of day to day living?

If you have answered yes to any of these questions, please **contact me today** on **01948 830 242** or mobile number **07917 918341** or via email at **Sarah.Flaherty@therainbowfoundation.org.uk**

