



## Siân Brand

### Connect Well and Dementia Friend

**Our community ambassador this week is Siân Brand – programme manager for Connect Well.**

Connect Well is an easy way to access a wide variety of support and activities in Braintree, Chelmsford and Maldon including: volunteering opportunities, befriending and social activities, support and self-help groups, physical activities, financial information and community transport to name only a few.

Siân has worked on developing Connect Well during the last two years with over 20 local organisations from both the public and voluntary sector. Over 450 Connect Well Champions across mid Essex have been trained to support local people and connect them to help and opportunities in their local communities. To date over 320 people have been connected with new opportunities local to them using Connect Well.

Siân is also a volunteer in her community alongside her Connect Well role. She is a Dementia Friend Champion and has created almost 400 Dementia Friends in her local area.

In addition Siân also volunteers as the Chair of her GP practice's Patient Participation Group (PPG) which supports the practice to ensure the delivery of high quality, trusted services.

If you would like to know more about Connect Well or becoming a Dementia Friend and attending an information session please contact Siân at [sianbrand@livingsafeandwell.co.uk](mailto:sianbrand@livingsafeandwell.co.uk)



**Picture above:** Sian working with others on Connect Well.