



Community Navigators

Bridgend County Borough



Do you want to

- be more social?
- be less lonely?
- feel part of your community?
- take control of keeping well?

Information and guidance on local services and group to suit YOUR needs and widen your social network!

Working together to connect you to information and activities in your community to help improve your health and wellbeing

BAVO

Find out about lots of activities including volunteering, arts and crafts, gardening, health and wellbeing courses, benefits advice, befriending scheme or local community groups.

For further details contact Community Navigators at BAVO:
T: 01656-810400 or E: communitynavigator@bavo.org.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Cwm Taf Morgannwg
Bwrdd Partneriaeth
Rhanbarthol
Board

