

# What people say about Community Navigation



'This is the best thing the doctor could have referred me to. Without it I would have still been sitting at home now doing nothing and getting more miserable'

'The service is very valuable, particularly for people on their own'

'Knowing the Navigator was there, gave me the confidence to give things a go'

'I don't know how to explain how helpful it has been to speak to someone'

## Brighton & Hove Impetus

We are the multi award-winning local charity connecting people to reduce isolation and improve health and wellbeing. Our work enables people to access appropriate community services, make informed choices about their lives and become more connected with others.

### Become a volunteer

If you have three or four hours a week to spare, you could join our team of Volunteer Community Navigators.

1. Receive excellent support, training and new skills.
2. Gain extensive knowledge of your community.
3. Make a real difference to people's lives.

### Contact us

🌐 [www.bh-impetus.org/navigation](http://www.bh-impetus.org/navigation)

✉ [navigators@bh-impetus.org](mailto:navigators@bh-impetus.org)

☎ 01273 229382

📱 @BHImpetus

Support provided in other languages (via a specialist partner provider)



## Your doctor isn't the only person who can help you feel better

Community Navigation can also help improve your health and wellbeing. It is a free-of-charge social prescribing service in Brighton and Hove that links you to community services and groups.

**LGBT**  
FRIENDLY

**NHS**

Brighton and Hove  
Clinical Commissioning Group

Brighton and Hove Impetus. Registered Charity: 1083390  
Company Limited by Guarantee: 03895574

Ask your GP surgery  
to refer you today



## What we can help with

### Many of life's problems can make you unwell:

- Isolation and loneliness.
- Anxiety, stress and depression.
- Housing, money and benefits issues.
- Work and unemployment.
- Lifestyle factors such as diet, exercise and weight loss.
- Language and cultural barriers.

**Our Community Navigators work alongside GP practices to help you get extra support in your community.**

## How we can help you

### The service is available on referral from your GP surgery. We will:

1. Contact you for an initial phone conversation.
2. Come and meet you in your own home or at your GP surgery.
3. Spend time to understand the issues you're facing.
4. Discuss a variety of local services to support you – often free of charge.
5. Help you access the right services to get the support you need.

### Services to help you feel better:

- Groups, befriending and social activities.
- Housing, welfare benefits, financial support and advice.
- Employment, training and volunteering.
- Healthy lifestyle advice and physical activity.

## How to get referred for support

### If you are 18+ and registered with a GP practice in Brighton and Hove:

- Just ask your doctor or health care worker to make a referral to Community Navigation - you can take this leaflet to your health care appointment.
- Or ask at your practice reception for further information.

The service is confidential and provided by fully trained Community Navigators. Patient permission is sought before any information is shared with third party community services.

