

## Connect Well Hub

The Connect Well hub at Marlborough House in Warrior Square, brings together a range of services and wellbeing activities to provide you with holistic support. The aim of Connect Well is to make it easier for you to access the services you need, to take control of your recovery journey and improve your wellbeing.

All of the services at Connect Well are committed to working together to support you with your wellbeing, and creating a happier, healthier local community.



### Service partners provide support with:

- Art and creative activities
- Wellbeing courses
- Physical activity
- Employment
- Volunteering
- Counselling
- Healthier lifestyles
- Parental groups/guidance
- Financial advice

If you are an organisation or group who shares the Connect Well ethos and would like to use this free space, please contact us using the details on the back page.

## Referrals and Contacting us

### Am I eligible?

Our service is available to people aged 16 and over, who are experiencing issues affecting their mental health and wellbeing and live in Hastings, Rother, Eastbourne, Seaford or Hailsham.

### How do I apply?

We accept self-referrals and referrals from GPs and health professionals.

To self-refer please download our referral form from our website and email this to us. See below for our web address and email.

GPs can access our referral form via DXS.

If you would like more information, please get in touch:

Phone: 01323 340151 (option 2)

Email: [social.prescribing@nhs.net](mailto:social.prescribing@nhs.net)

You can also find us on Facebook, Twitter and Instagram as @SouthdownCC



[www.southdown.org](http://www.southdown.org)

Community Connectors work in partnership with GPs in Hastings, Rother, Eastbourne, Seaford and Hailsham to help you access local services and activities that can help you.



JULY 2020



## Community Connectors

Supporting you to improve your mental health and wellbeing

When everyday life is affecting your mental health and wellbeing, your doctor isn't the only one that can help you feel better...



Our service is free and available to people aged 16+, experiencing issues affecting their mental health, who live in Hastings & Rother, Eastbourne, Seaford & Hailsham.

[www.southdown.org](http://www.southdown.org)



## Our Service

Medication is not the only solution to supporting your mental health and wellbeing. Community Connectors is known as a 'Social Prescribing' service - a bit like a prescription for your lifestyle.

**We can support with:** Health & Wellbeing; Leisure Activities; Social Networks; Housing; Education; Training; Finance; Debt; Volunteering; Employment.

### Together we will:

1. Explore and identify what is important to your health and wellbeing and the issues you want to address
2. Identify and connect you to the activities, services and groups you can benefit from in your local community
3. Support you and provide encouragement to start using the services that can help you

### This can help you to:

- Improve your mental and physical health
- Increase your self-confidence and self esteem
- Learn a new skill or participate in a new activity
- Get involved in your community
- Meet new people

## Buddy Scheme

As a client of Community Connectors, once we have worked together to identify the priority needs for your wellbeing, if you need support to help you access a service or activity in your local community, we can match you with a Buddy Volunteer who can support you to attend.



If you are a student of the Sussex Recovery College (East Sussex Campus), we also have Buddy Volunteers who can support you to attend a course.

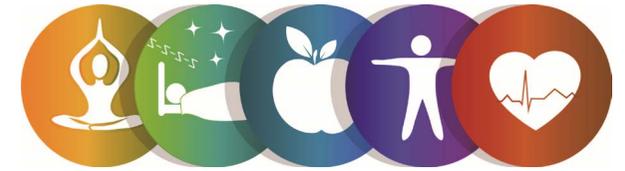
*"I would like to thank everyone involved in this service for helping me get to a new course when my confidence was very low. The volunteer allocated to me was wonderful and friendly and I don't think I could have done any of it without your help. Thank you. I would definitely recommend, brilliant service, a very happy client"*

**- Buddy Scheme Client**

Buddy Volunteers have lived experience and are trained to ensure they have the skills to support people who feel anxious about accessing activities and groups in the community. To find out more about how to become a Buddy, please contact us using the details on the back page.

## GP Health Reviews

Improving physical healthcare for people living with severe mental illness (SMI).



We know that physical health is important and has a great impact on your mental health and how you feel. We want to help you better understand your health and get help to improve and manage it.

### Do you have a mental illness such as bi-polar, schizophrenia, severe depression or another psychotic disorder?

If so, you may be entitled to a free health review with your GP. This is an opportunity to discuss your physical and mental health at the same time. This can look at things you want to improve, things you struggle with and things you want more information and support with.

Our friendly team can offer you support to access a health review with your GP and to understand the outcomes from your review. We can support you before and afterwards to better understand your mental and physical health and can offer peer support from Buddy Volunteers to help you attend the Health Review at your GP surgery.

For more information, please contact us using the details on the back page.