



Community Navigation



What is Community Navigation?

Community Navigation is a social prescribing service provided by a local charity, Brighton & Hove Impetus, in partnership with GP practices.

Community Navigators meet with people, assess their **support needs**, then help them access the right **local services and activities**.

Contact us

If you want to know more about Community Navigation or about volunteering with us, visit our website or get in touch:

www.bh-impetus.org/navigation
navigators@bh-impetus.org
01273 229382

For referrals, appointments and advice, please contact your Navigator or surgery directly.



Funded by...



Impetus is a Brighton and Hove charity that connects people to reduce isolation. As a charity we rely on the generosity of people like you to be able to provide our much needed services.

Just £10.35 will allow us to befriend an isolated person for a whole week, improving their wellbeing and confidence – so it's really easy to help us to make a big difference to someone's life.

Please send us your cheque with the enclosed donation slip, or donate online:
www.bh-impetus.org/donate

Thank you, we appreciate your kind support.



Brighton and Hove Impetus, Registered in England and Wales
Registered Charity: 1083390
A Company Limited by Guarantee: 03895574



Yes, I'd like to help Impetus reduce isolation in Brighton and Hove

Please accept my donation of... (Circle as appropriate) £10 / £20 / £50 / £_____ (Other amount)

Please make cheques payable to Brighton & Hove Impetus and send with this form to:
Impetus, Freepost RLYL-JRXR-EUYA, 1st Floor Interger House, 65-67 Western Road, Hove, BN3 2JQ

Name _____
Address _____

City _____ County _____ Postcode _____
Phone _____ Email _____

Impetus would like to stay in touch to keep you updated on our work and about other ways you can get involved. However, please tick here if you do not want this.

Signature _____ Date _____



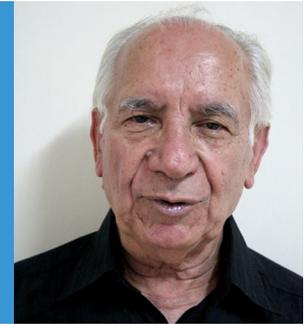
A Community Navigator:

- ▶ Meets a person either at their GP surgery or in their own home
- ▶ Listens and helps the person identify what they need
- ▶ Researches relevant information
- ▶ Helps the person access services, groups and activities that can help improve their health & wellbeing, including sources of social, practical and emotional support (e.g. advice services, befriending, social clubs)

"I have met so many people and they are all so kind."



"It has made a difference to how I feel and I realise there is a lot of support out there."



How can I get an appointment with a Community Navigator?

Speak to staff at your surgery.

You can ask your GP or any other member of staff at your surgery to refer you.

If you cannot make it to your appointment for any reason, please contact the surgery or the Navigator so that someone else can be seen. Demand to see a Navigator is high and all Navigators give their time voluntarily.

Is it confidential and what records are kept?

The Navigator writes a short summary of the sessions for the patient's medical record, e.g. the names of the services or groups that have been recommended.

You can tell the Navigator if there is something you don't want recorded.

The only instance where a Navigator may share something they are told in confidence is if someone is in danger. Information held by your Navigator can be requested at any time.

"I don't know how to explain how helpful it's been for me to speak to someone."



"Thank you so much, you've opened the door to things."



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

