

Do you have a long-term health condition?

**Are you feeling isolated and
unable to lead the life you want?**

Step by Step offers one-to-one support and workshops for people whose health conditions are impacting on their ability to live life fully. We can help if you are struggling to get the medical support or therapies you need.

**We're here to listen and help you take the next steps,
however small**

Offering a mixture of one-to-one support and weekly workshops, we focus on small steps at a pace that's right for you.

We'll help you engage with services, build tools to manage your health, and work through any other challenges you're facing.



So how does it work?

We start by getting to know you and your situation. You choose how and where we meet; on the phone, by text, WhatsApp, or email, or in person somewhere you choose.

We'll work together to build your personal action plan, breaking it down into manageable steps.



Who can use the service?

No formal diagnosis needed, you just need to:

- Live in Brighton and Hove
- Have a long-term health condition (including neurodivergence and mental health challenges)
- Be ready to take the next steps to move forward

How can I find out more?

-  www.possabilitypeople.org.uk/sbs
-  sbs@possabilitypeople.org.uk
-  07795 905 218 (call, text, or WhatsApp)



Possability
People

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