Community Connectors works in partnership with GP Practices across Hastings & Rother, and Eastbourne, Seaford & Hailsham, supporting you to improve your health and wellbeing. We help you to develop personalised and practical solutions to everyday issues.

What is Social Prescribing?

There are times when we all need support to address life's challenges. Knowing how to access available support locally can make a big difference.

Social Prescribing helps you to explore services, groups and activities that can support you to improve your health and emotional wellbeing.

Addressing difficult issues needs extra time and support

Our team of Community Navigators can help by:

1. Giving you the time to explore and identify what is important for your health and wellbeing and the issues you'd like to address.
2. Providing support and encouragement to 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.

These might include:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering

- Education and learning
- Getting involved in local groups and activities
- Accessing specialist services and support

We speak with you on the phone or meet face-to-face. We work with you to create a personalised plan and help you to connect with services in your community.

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

Am I eligible?

The service is available to people living in Hastings & Rother, Eastbourne, Seaford & Hailsham areas, aged 16 and over, who are experiencing issues affecting their physical or mental health and wellbeing

How do I access the service?

A member of your GP Practice team may suggest a referral to our Community Connectors service. They can send a referral directly to us, with your consent.

Alternatively you can self-refer by collecting a self-referral form from reception or by using the contact details below:

Phone: 01323 340151 **Email:** social.precribing@nhs.net

We will be in touch within 7 days of receiving your referral.

Where would I meet a Community Navigator?

Due to Covid-19 restrictions we are currently working remotely and providing phone support only.

We run clinics in the following GP Practices (by appointment only) - if you are registered with them, normally we would meet you there:

Hastings & Rother

- Warrior Square Surgery
- Sedlescombe Surgery
- Westfield Surgery
- Station Practice, Station Plaza Health Centre
- Sidley Medical Practice
- South Saxon House Surgery
- Harold Road Surgery
- Battle Health Centre
- Rye Medical Centre (Ferry Road)

Eastbourne, Seaford & Hailsham

- Bolton House Surgery
- Lighthouse Medical Centre (Ian Gow and College Road)
- Green Street Surgery
- Grove Road Surgery
- Eastbourne Station Health Centre
- Seaforth Farm Surgery (Hailsham Medical Group)
- Seaside Medical Centre

We can also see at you the following Community Centres (**by appointment only**):

- Eastbourne Wellbeing Centre
- Hailsham Wellbeing Centre
- Bexhill Wellbeing Centre
- Hastings Wellbeing Centre
- Autism Sussex, Roebuck Centre, Hastings
- ESRA (East Sussex Recovery Alliance), Hastings
- St James Trust, Seaford
- Eastbourne Job Centre Plus
- The Hut, in the Beacon, Eastbourne

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

Phone: 01323 340151

Email: social.precribing@nhs.net

Wesbite: www.southdown.org

Social Media: You can also find us on Facebook, Twitter and Instagram as **@SouthdownCC**

Additional support under Community Connectors:

- **Connect Well hub** at Marlborough House (Warrior Square) brings together a range of services and wellbeing activities to provide holistic support to patients.

- **Buddy Scheme** – our Outreach Coordinator recruits, trains and supports volunteers for the 'Buddy Scheme'. These Volunteers will be matched with clients who need support to engage with local groups, services and activities and will go with them when needed. The Buddy Scheme also provides support to students of the Sussex Recovery College East Sussex Campus to attend the courses.