

Community Connectors

Social Prescribing to improve mental health and wellbeing



When everyday life is affecting your mental health and wellbeing, we work in partnership with GPs to help you access local services and activities that can help.

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What is Social Prescribing?

Social Prescribing supports you to access specialist agencies and activities in your local community that can help to improve your mental health and wellbeing.

What does the service provide?

A Community Navigator will work with you to develop a personalised wellbeing plan. They will support you, step-by-step, to action the plan, including helping you to connect to relevant services and activities in your local community.

Support includes:

- walk-in clinics at participating GP surgeries
- community-based clinics
- additional support from Peer Volunteers to access services and activities

“Community Connectors is my right-hand person to support complex patients with social and mental health issues. I know when I refer a patient that they will be heard. Together we provide a truly holistic service.” - Local GP

Am I eligible?

The service is available to adults (16+) living in Hastings, Rother, Eastbourne, Seaford and Hailsham who are experiencing issues affecting their mental health and wellbeing.

How do I apply?

We accept self-referrals and referrals from GPs and health professionals. To self-refer, visit www.southdown.org/communityconnectors to download a self-referral form.

Contact us

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

Call: 01323 340 151 or email: social.prescribing@nhs.net

Other Southdown mental health recovery services include:

- East Sussex Community Network
- People in Partnership
- Supported Employment

For more information visit
www.southdown.org



Eastbourne, Hailsham and Seaford CCG
Hastings and Rother CCG

