

VOLUNTEERING MATTERS



Healthlink 

**Would you like help
getting to health
appointments?**

We know getting to healthcare appointments can be much easier with company and support, but you may not be able to rely on local friends or family.

Our Healthlink volunteers can provide that company. Whether it's the GP, hospital or dentist, or even wellbeing groups and activities, our volunteers can support you to attend your appointments

If you - or someone you know - could benefit from this service then get in touch. See reverse for more details.

01273 688 117

healthlink@volunteeringmatters.org.uk

Healthlink - supporting your wellbeing and independence



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Our volunteers can:

- ✓ Meet you at your home or place of your choice.
- ✓ Accompany you to your appointment and then back home again.
- ✓ Travel with you on foot, by bus, taxi or patient transport.
- ✓ Wait outside during your visit or come in with you.
- ✓ Remind you of questions you want to ask, and take notes for you.

We also have digital support volunteers who can help you learn to access video health appointments as an additional way to speak to health professionals.

For more info, to refer, or to register - contact us on:

- 01273 688 117
- healthlink@volunteeringmatters.org.uk
- lifelinesbrightonhove.org.uk/healthlink



Please note - Healthlink is **not a transport service, and users must be able to travel independently.**

Healthlink is a local project supporting those 50+, run by national charity Volunteering Matters.