



**FIND YOUR COMMUNITY CARE
NAVIGATOR AT**

Rachel Kay-Shuttleworth Building
62-64 Yorkshire Street
Burnley
BB11 3BT

Tel: 01282 433740

Option: 8

Email: navigators@bprcvs.co.uk

www.bprcvs.co.uk

**BURNLEY PENDLE
& ROSSENDALE
COUNCIL FOR VOLUNTARY SERVICE**

**WOULD YOU
LIKE SUPPORT?**

COULD A



CARE NAVIGATOR

HELP YOU?

Tel: 01282 433740

www.bprcvs.co.uk



Co. Ltd. by Guarantee 3328219

Reg. Charity No. 1062446



THE COMMUNITY CARE NAVIGATOR PROJECT

WE CAN HELP LINK YOU WITH COMMUNITY SUPPORT

Are you visiting your GP, but feel that you would also benefit from social support?

We can help compliment your care by supporting you to link with sources of support within your community. This can include community activities, physical activity, social groups, education, self help, counselling, complimentary therapies or where to access specialist advice.

HOW WILL WE SUPPORT YOU

We will support you with a Community Care Navigator who can help you to find your way around the system which can often seem complicated and confusing.



Here are some of the things a Community Care Navigator can help you with:

- Accompany you to activities until you're confident enough to go unaided
- Offer information about local activities, interest groups and day centres
- Help finding transport for appointments and other activities
- Arrange support for you to become involved in community groups
- Supported signposting to local services and activities
- Spend time with you and socialise
- Signpost you to debt advice, benefits advice and financial support

WHAT ARE COMMUNITY CARE NAVIGATORS?

Community Care Navigators are fully trained volunteers based at BPRCVS.



They're here for you when you need help and support with daily life. Community Care Navigators work with the NHS, community groups and voluntary services and are local experts on what's happening in your area.

FREQUENTLY ASKED QUESTIONS

How can I access The Community Care Navigator Project?

You can speak to your GP or any health professional to be referred. Individuals can also refer themselves or a family member (Please see reverse of leaflet for how to contact us).

How long can I expect to wait?

Once we receive your referral we will contact you within 5 working days.

Is there a cost to the service?

No, the navigator service is provided free of charge.

How long can I receive support?

We do not have a set time limit. The length of support will be discussed and agreed with you.

Are Community Care Navigators medically trained?

No. Community Care Navigators are not medically trained and cannot support you with medication and personal care.

Do you provide a counselling service?

No, we are just a listening ear. However we can signpost you to a professional counselling service.

