



INVOLVE COMMUNITY NAVIGATION

Are you over 55 or under 55 and frail or have complex health conditions?

Would you like to:

- Know where to find information and advice that is accurate and easy to understand?
- Know what is available for you to access in your community?
- Feel included and connected to the communities of your choice?
- Access meaningful social activities?
- Be supported to have a good day and meet your personal goals?
- Be supported to know your rights in relation to your care and support?
- Be supported to live safely and independently?
- Feel less lonely and isolated?

Community Navigation funded by Kent County Council is being delivered in West Kent by Involve. Our Community Navigators can help you to access and understand the different services available to you.

T: 0300 0810005

E: communitynavigation@involvekent.org.uk

Web: www.involvekent.org.uk

Involve Kent, 30 Turkey Court, Ashford Road, Maidstone ME14 5PP Charity registration no. 1066911



Our Navigators can help you to access

Exploring and building social networks and enabling access to a range of activities, which may include:

- Carer support
- Peer support
- Befriending
- Exercise
- Arts & heritage
- Creative activities
- Physical activities
- Cognitive stimulation opportunities

Support to access the health and social care system (statutory and non-statutory) and working with teams and organisations to make referrals.

Enabling you to identify services within the local community. Where appropriate, facilitate purchasing of services to meet goals and short and long term needs.

Assessment and identification of adaptation, equipment and assistive technology needs and arrange for supply as appropriate.

Provide initial practical assistance and advice, including:

- Entitlements
- Accessing services and community activities
- Making referrals
- Building confidence through activities such as accompanied visits, initial outings and form filling

Make referrals/provide information around local services and opportunities. Liaise with other specialised community services to ensure appropriate links are made.



involve
changing lives and communities

