



Hospital & Community Navigation Service

A free countywide Social Prescribing Service for Hertfordshire, designed to support individuals to improve and maintain health and wellbeing

WE CAN SUPPORT:

- Vulnerable adults and older people
- People being discharged from hospital
- People in need of support in their home
- People who are lonely or isolated
- Issues in relation to frailty and falls
- People with mild depression or anxiety

WE CAN HELP PEOPLE TO ACCESS SUPPORT WITH:

- Carer assistance and information
- Getting and keeping active
- Accessing befriending, local groups and activities
- Benefits, debt and finance
- Support and safety in the home
- Decluttering and hoarding
- And much more...



As well as helping individuals to access local services we are also able to provide direct help and support with:

- Developing motivation, confidence and resilience
- Providing emergency food bags
- Initial food shopping and prescription/equipment collection
- Organising paperwork and form filling
- Applying for grants, blue badges and pendant alarms
- Wellbeing checks and visiting people in their home

For more information about the Hospital and Community Navigation Service or to make a referral please contact Herts Help on:

Tel. **0300 123 4044**

Email. **info@hertshelp.net**

If you would like to make a referral directly into the HCNS service then please complete our referral form and send via email to:

East & North Hertfordshire. **eastandnorth@herts.help**

Herts Valleys. **west@herts.help**