

Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on



GuildCare

Creating Connections

Creating Connections is a warm and welcoming service for Worthing residents aged 65 and over.

The service aims to support people to remain independent in their own homes and reduce feelings of loneliness and isolation.

They host a wide range of activities (many of which are free) for people to enjoy, make new friends and socialise. Creating Connections also offers befriending services for people who find it difficult to leave their homes to socialise and meet people.

Their team can support people that live alone for up to 6 weeks following a hospital discharge to regain confidence and independence.

Take Home & Settle

This service offers transport for vulnerable people aged 65 and over to provide a safe journey home from Worthing or Salvington Hospital and help with unpacking.

Take Home & Settle aims to leave you feeling safe and comfortable, checking food in your fridge is still fresh, doing a small shop if required, checking careline is working and signposting or referring you to other support services.

Support At Home After Hospital

Guild Care's team can support people that live alone – for up to 6 weeks – following a hospital discharge to regain confidence and independence.

A support at home after hospital volunteer can support with a range of tasks including:

- Collecting prescriptions and basic shopping
- Providing information on other services or equipment you might need
- Companionship, escorted walks or engaging in local activities

Befriending

Befriending services are offered for people who find it difficult to leave their homes to socialise and meet people. They can arrange home visits to provide companionship and friendship. And they also offer short term, goal-based befriending to provide 1 to 1 support to people who have lost their confidence following a fall or who have poor mobility.

Activities

As part of Guild Care, Creating Connections runs a number of activities (many of which are free) for people to enjoy, make friends and socialise. And they can provide transport to some groups for those people that are less mobile.

For further information

Phone **01903 528635**

Email **creatingconnections@guildcare.org**

Website: **www.guildcare.org**

For help, advice, and information or to share your story

Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice



Last year, we helped nearly a million people like you to have your say and get the support you need.



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead: **cheryl.berry@healthwatchwestsussex.co.uk**

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