

Choose the right service!



Community Connectors

USEFUL INFORMATION



Information:

Community Connectors can support people that are affected by many issues and concerns including loneliness, isolation and lack of confidence.

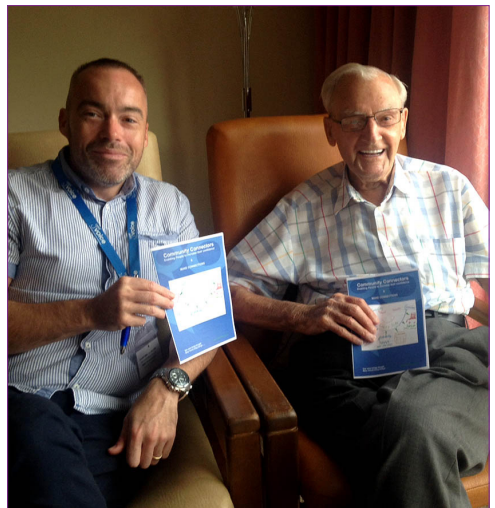
There can be many things that can make people less confident about going out and getting involved in the community.

Poor health, change in personal circumstances or bereavement can affect our self confidence and cause people to stop doing things they once enjoyed.

Community Connectors can provide that conversation and encouragement that someone needs to get back on track and take part in activities and interests. Community Connectors can be contacted



directly or referrals from HSCP professionals, community organisations as well as family, friends and neighbours are accepted.



Contact Details:

Referrals

Referrals can be made through any Health or Social Care Professional. Referrals can also be made online, by email, phone, post or in person. Individuals can also self-refer by any of the options above or by dropping in – no appointment necessary.

There will always be a Community Connector based within the **Your Voice Office at 12 Clyde Square, Greenock.**

Resources, information and case studies can be found on the Connector's Webpage at:

<http://www.yourvoice.org.uk/community-connectors.html>



INVERCLYDE COMMUNITY CARE FORUM

12 Clyde Square, Greenock

Tel 01475 728628 Text Phone 01475 728608

www.yourvoice.org.uk | enquiries@yourvoice.org.uk



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1 Community Connectors

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- Telephone 01475 728628



1 Self Care NHS Inform

- Need general health advice
- Minor illnesses • Sore Throat
- Diarrhoea • Cold / Flu • Vomiting
- Telephone 0800 22 44 88
- www.nhsinform.scot



1 Social Care

- Benefits advice / money worries
- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299



1 Physiotherapy

- Advice on muscle, joint or back pain visit: [nhs inform msk zone - www.nhsinform.scot](http://nhsinform.msk.zone)
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



1 Pharmacy First



- Pain Relief • Shingles
- Emergency Contraception
- Cough / Cold • Cystitis (Females 16-65)
- Impetigo • Stop Smoking
- Contact your local Pharmacy



1 NHS 24 Call 111

- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



1 Optician Services

- Experience sudden loss or changes in vision
- Have sore, irritated, red, sticky or watery eyes
- Contact your local Optician



1 Dentist Services

- Pain in mouth, jaws or gums
- Facial swelling, bleeding from mouth
- Contact your local Dentist



1 GP (Doctor) Team

- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your Practice

