



Surgery Signposting Service

How can we help you?

Surgery Signposting volunteers link local people with support services offered by local community groups

Our aim is to connect you to the information and support you need to live an active, happy and healthy lifestyle. Come and see us if you, a family member or someone you care for needs pointing in the right direction to find local support, such as:

- Living with a long term illness
- Coping with depression, anxiety or feeling lonely
- Where to access help for parents and families
- Help with lifestyle, diet and exercise
- Information on conditions such as Arthritis or Dementia



Simply call 01420 477 111

after midday, Monday to Friday and ask for an appointment to see one of our friendly team

Headley, Lindford, Whitehill & Bordon
FREE, confidential & friendly service

NHS

South Eastern Hampshire
Clinical Commissioning Group



**Community
First**