

VOLUNTEERING  **MATTERS**

Healthlink 



Would you like help getting to health appointments?

We know getting to health appointments such as GP, hospital and dentists can be much easier with company and support.

Our Healthlink volunteers can provide that company, supporting you to attend your health appointments and maintain your well-being. You may not want to burden your friends or family, or they no longer live locally. Our volunteers can:

- Meet you at your home or place of your choice
- Accompany you to the appointment and then back home again
- Travel with you on foot, by bus, taxi or patient transport
- Wait outside during your visit or come in with you
- Remind you of questions you want to ask, and take notes for you



Please note - this is not a transport service, and users must be able to travel independently.

We also have digital support volunteers who can help you learn to access video health appointments as an additional way to speak to health professionals.

If you - or someone you know - could benefit from this service, then please get in touch for more information and to register.

**For more information call 01273 688 117
or healthlink@volunteeringmatters.org.uk**

Healthlink is a local project supporting those 50+, run by national charity Volunteering Matters, and supported by The Lawson Trust

 **The Lawson Trust**

Additional services we provide to those over 50 that may be of interest.

50+

Additional Services

Digital Services

As well as face-to-face appointments, many GP surgeries now offer video as an additional way to have health appointments. This is not as a replacement to traditional appoints, but an extra way to speak to your doctor, nurse or other health professional.

There will always be times where a face-to-face appointment works best, but there may also be times where an online appointment would suit you better. It could save you time, the cost of travel, and comfort if mobility is an issue at the time. It could allow you to have a health appointment that you may not otherwise be able to have.

If this is something you would like to try, our digital support volunteers support can help you learn how to book and attend a video appointment, when you need one. And if you don't have any equipment, we can loan you a tablet to learn on and use.

It's an extra way to have your health appointments.

Lifelines Groups & Activities

You can also access our Lifelines service, where our volunteers run groups and activities for people over 50 get together to chat, to do or make things, get exercise, dance around, perform, show off, and often try something new. We host them in venues across the city, and also online - and they are low-cost.

To learn more about our additional services please get in touch.

01273 688 0117

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