Communicare in Southampton

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Mental Health NetworkWe are delighted to have led on setting up a mental health network, with the aim of bringing individuals and organisations across the City together, united by the vision to “make Southampton a mental health friendly City”. Membership is open to any individual or organisation wishing to become involved. Unfortunately Communicare cannot offer nursing, personal care or legal advice, and the availability of help is always dependent on the availability of our volunteers. We do aim to meet as many requests as we can.What we do BefriendingRegular contact with the same volunteer, due to Covid-19 currently mostly through phone calls ShoppingShopping for or with those who are frail, unwell or disabled Travel BuddiesSupporting people in getting to events and local places independently. The aim is to build up confidence with the support of others, to eventually feel prepared to travel alone again Out and AboutAccompanying people out for a walk, out for coffee, to a favourite place or to a social gathering DIY & GardeningHelping with DIY, decorating and light gardening Hello SouthamptonRegular scheduled phone calls up to five times a week (Monday-Friday) to isolated or vulnerable people, to check on service users’ wellbeing and have a quick chat, providing reassurance and a friendly ear TransportProviding transport to medical appointments and social engagements, where taxis and public transport are not an option Family HelpHelping young families support their

children through play and practical help Hospital HomecomingHelp with small ‘settling back home’ tasks after a hospital stay, including shopping, light cleaning and checking people have enough to drink and eat

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