

# Do you need help with matters that might be affecting your health & wellbeing?

**Care Navigation offers free and confidential connections to support with the following:**

- > Healthy living
- > Managing long term conditions
- > Mobility & equipment
- > Reducing social isolation
- > Increasing personal safety & security
- > Looking after someone

The West Essex Care Navigation Partnership is a scheme commissioned by West Essex CCG, Public Health and Essex County Council and is a partnership with Age UK Essex Smartlife, Community Agents Essex and Provide's Lifestyle Service. It builds on the work already undertaken by the Smartlife project to increase the role of social prescribing in GP practices.



If you are a resident of Uttlesford, Harlow or Epping Forest and this could help you please call

**0300 303 9988** (Monday - Friday)

or email [westessex.carenavigation@nhs.net](mailto:westessex.carenavigation@nhs.net)