

## What is Winter Pressures Community Navigation?

Winter Pressures is an extension of our existing Community Navigation scheme, which shares information with and signposts people to services that can support them with their health and wellbeing.



Winter Pressures aims to take Community Navigation a step further by proactively supporting individuals to be safe and well over the winter period within their own homes. We can undertake the usual Community Navigation service of signposting and information sharing, whilst working with and supporting people continuously over the winter months, acting as a regular point of contact and helping them to access support based on their individual needs.

## How Can it Help?

- Provide a key point of contact over the winter months should you need any advice, support or guidance.
- Signpost and share information with you, supporting you to access social and practical support that may benefit your health and wellbeing
- Provide support and advice around prepping for the colder winter months
- Check-in with you regularly about how things are progressing and supporting any additional needs that may arise over the winter period.
- Help feelings of isolation and loneliness
- Help access support to improve your level of independence within your own home



## What Happens Next?

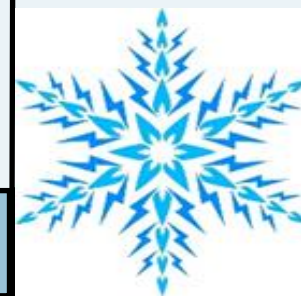
1. You can contact me yourself via the contact details on the back of this leaflet.

Alternatively you may be working with a professional who can support you by referring you to this service.

2. We will discuss some of the difficulties/challenges you may be experiencing and work together to identify how these can be best supported.

3. We will support you to access services which may benefit your health and wellbeing.

4. We will keep in regular contact over the winter months and you will have a key point of contact should you need some advice/support or to discuss any difficulties that may have arisen.



**BE  
WINTER  
READY**

## Who to Contact?

To find out more about the Winter Pressures Community Navigation service, or to make a referral, please contact:

**Matt Wilson**

01344 304404

[matt.wilson@involve.community](mailto:matt.wilson@involve.community)

09:00– 17:00 (16:30 Fri)

Mon/Tue/Wed/Thu/Fri



Facebook: @involveVCS

Twitter: @involveVCS

For more information about involves other services please visit:

[www.involve.community](http://www.involve.community)

## Feedback from Winter Pressures Community Navigation Service 2019-20

*'I'm back to feeling like the person I was before. I have people I can call on if I need anything or just a chat.'*

*'Talking to you is good for me. I'm amazed by how much you managed to help me. I appreciate that you care about my welfare. Thank you for everything you do.'*

*'thank you for keeping in touch, its lovely to hear from you.'*

**92 year old female, lived alone. Blind and immobile.**

*This lady had not left the house in several years, due to feeling anxious about her blindness. Working with her, it was clear she would like to go out, but she needed some assistance. I put her in touch with some local agencies to help her. She attempted to leave the house for the first time for a Christmas Day lunch. Unfortunately, she wasn't able to get into the car provided but instead the volunteers had lunch at her house and gave her a gift, she was over the moon that she had had company and been brave enough to leave the house.*

**involve**  
MAKING A DIFFERENCE LOCALLY  
IN WOKINGHAM BOROUGH

# Winter Pressures Community Navigation

 **ARE YOU  
READY FOR  
WINTER?**

