

## What people say about Community Navigation



**'All the staff are amazing, they are really knowledgeable and can find the right service and get accurate information'**  
Mandarin speaker

**'The service helped give me the motivation I lacked, renewing my purpose and drive for life'**  
Spanish speaker

**'Having this support has made me feel far less anxious and depressed'**  
Arabic speaker

**'I have more confidence with using public services and other organisations and groups in the city. I look forward to building our lives from a more positive position than before'**  
Farsi speaker

## Sussex Interpreting Services

SIS exists to enable full access, for people with language needs, to publicly funded services in order to improve health, education and overall quality of life.

We have been delivering language services in Brighton, Hove and Sussex since 1994.

Community Interpreters can provide impartial, accurate and confidential interpreting at your social care and health appointments.

**Emergency Interpreting** is available 24 hours a day 7 days a week.

**Translated information** about local services are available on the SIS website.

**Community Researchers** help people with language needs give feedback to local services.

**Volunteers** reach out to isolated people and communities to help make connections, they staff our **Drop In** and work closely with the **Bilingual Community Navigators**.

**Bilingual Advocates** can provide additional support to help you overcome difficulties and gain in confidence.

Sussex Interpreting Services  
01273 702005  
info@sussexinterpreting.org.uk  
sussexinterpreting.org.uk  
Registered Charity: 1081284 Company number: 03893084



Brighton and Hove  
Clinical Commissioning Group



## Bilingual Community Navigation

**Your doctor isn't the only person who can help you feel better**

**Bilingual Community Navigation** is a Social Prescribing Service in Brighton and Hove that links you to community services, organisations and groups to help you resolve social issues and improve your health and wellbeing.

The service is confidential and provided by fully trained Bilingual Community Navigators.



sussexinterpretingservices

## What we can help with

### Many of life's problems can make you unwell:

- Isolation and loneliness.
- Anxiety, stress and depression.
- Housing, money and benefit issues.
- Work, unemployment and education.
- Lifestyle factors such as diet, exercise and weight loss.
- Language and cultural barriers.
- Immigration and citizenship.
- Disability or caring for someone.
- Community Safety and Racism.

**Our Bilingual Community Navigators help you get extra support in your community.**

## How we can help you

### We will:

1. Contact you for an initial phone conversation.
2. Meet you in a place of your choice.
3. Spend time to understand the issues you're facing.
4. Discuss a variety of local services to support you – often free of charge.
5. Help you access the services to get the support you need.

### Services to help you feel better:

- Groups, befriending and social activities.
- Housing, benefits and financial support.
- Employment, training and volunteering.
- Healthy lifestyle advice and physical activity.

## How to contact us for support

### If you are 18+ and a resident of Brighton and Hove contact SIS by:



**01273 234825**

this line is staffed by an English speaker, if you call **after 3pm** you can leave a message in your first language.



**ben@sussexinterpreting.org.uk**



**sussexinterpreting.org.uk**



**sis.interpreting.services**



**@sussexinterpret**

### Drop-in

in person, with no appointment necessary, on the 1st and 3rd Tuesday of every month, from 11am to 1pm at the **BMECP, 10a Fleet Street, Brighton, BN1 4ZE**

