

# Communicare in Southampton

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Mental Health Network We 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

- Befriending Regular contact with the same volunteer, due to Covid-19 currently mostly through phone calls
- Shopping Shopping for or with those who are frail, unwell or disabled
- Travel Buddies Supporting 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 About Accompanying people out for a walk, out for coffee, to a favourite place or to a social gathering
- DIY & Gardening Helping with DIY, decorating and light gardening
- Hello Southampton Regular 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
- Transport Providing transport to medical appointments and social engagements, where taxis and public transport are not an option
- Family Help Helping young families support

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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