

**The Roseland Surgeries**  
**Community**  
**Coordinator**

**Hilary Box**

**Tel: 07494 161549**

**Email: [hilary.box@nhs.net](mailto:hilary.box@nhs.net)**

**I work Monday to Friday on a part-time basis.  
If you call or email outside of my working  
hours I will get back to you when I'm next at  
work.**

## The 300 Club

The role of Community Coordinator is funded by the '300 club' run by the Roseland Surgeries Patients Group (RSPG).

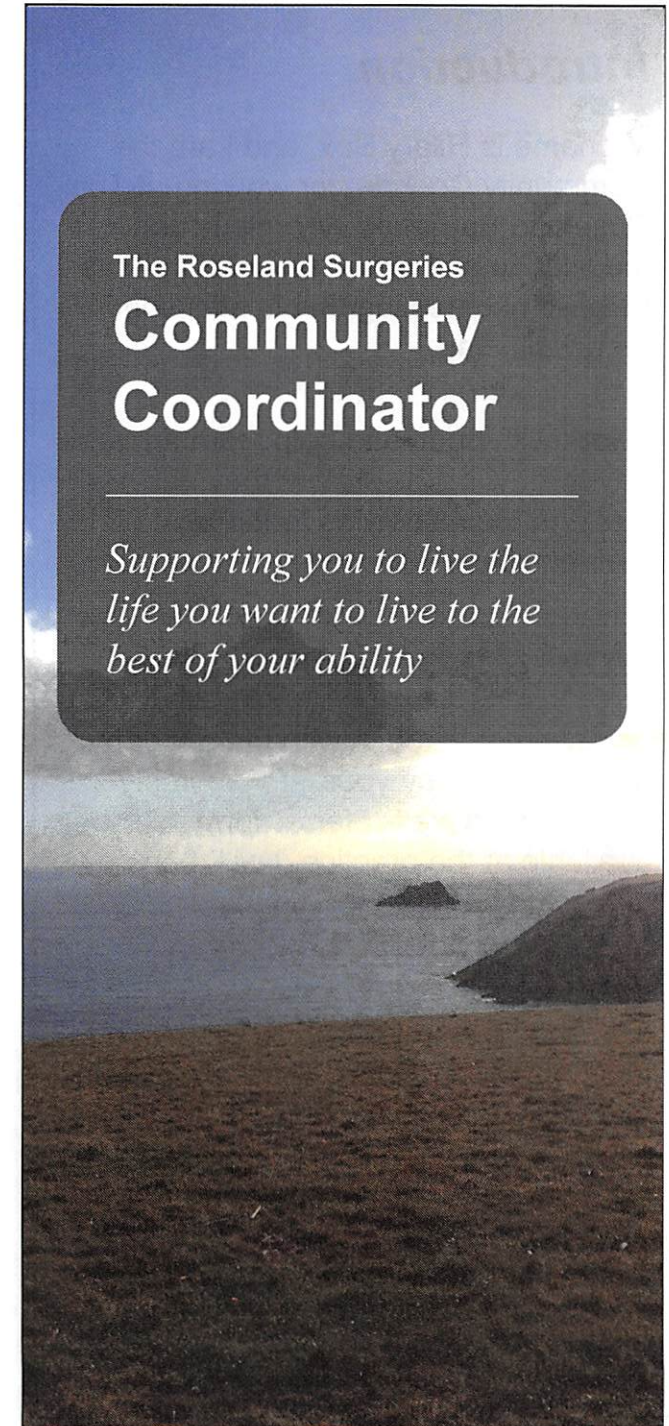
The club aims to have 300 local people paying £10 per month to fund the costs and activities of the Community Coordinator. There is a monthly draw where members of the club can win cash prizes.

If you would like to support this work by joining the 300 Club please contact David Calton by email at [david.calton@hotmail.co.uk](mailto:david.calton@hotmail.co.uk) or phone 01872 580593

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## Evaluation

A key part of the service is understanding how effective it is in helping people live healthier, happier lives. We therefore ask participants to complete a simple evaluation form early in the process and then complete it again a number of weeks later.



## ***Introduction***

My name is Hilary Box, and I am the Community Coordinator working at The Roseland Surgeries. My role is non-medical, to support anyone who needs help with something that is affecting their wellbeing.

I work with people to help them address day-to-day issues so that they can manage their lifestyles to the best of their abilities.

## ***How it works***

You can get in touch with me either by being referred by your GP, or simply completing a 'self-referral' form available at the practice. I will then contact you to arrange an appointment.

We'll meet and have a talk to find out what would help you in your situation to feel happier and more confident. When you have established your goals, we will plan a series of steps to help you achieve them. I will support and enable you, as you require, to achieve what matters to you over a set period of time.

## ***What I can help with***

I can help you with some simple things such as:

- Introduce you to new activities or interests
- Introduce you to social groups, lunch and coffee clubs
- Help with finding out information to support you
- Help you to build a support network
- Help you feel safe and secure at home – equipment, carers etc.
- Help you settle back home after a stay in hospital

The Community Coordinator offers short term support helping you to stay happy in your home and community.

I can work with anyone registered at the surgery who would like to improve their Health and Wellbeing, is over 18 and not currently in mental health crisis.

## ***Supporting you to live the life you want to live***

Sometimes people need an extra bit of support. For example, you may face challenges that have got on top of you and need support beyond the capabilities of family and social networks. This could be for a wide range of reasons such as:

- a deterioration in your wellbeing and/or physical health that affects your ability to do the things you used to do
- maybe you've just moved into a community where you have no support network and may be unaware of things happening in the community
- perhaps you've experienced a recent bereavement, relationship breakdown or poor health which means you have withdrawn from usual activities or feel isolated

Whatever the reason, if you believe that you could benefit from this support, please get in touch.