

Community Navigators

Bridgend County Borough



Working together to connect you to information and activities in your community to help improve your health and wellbeing

BAVO



Making every contact count by connecting you to your community

What is Community Navigation?

Our service will help people in Bridgend County Borough to access community level services, information and advice. It aims to help people maintain or regain their independent lives and prevent their circumstances deteriorating to a point where they might need a higher level of support.

We aim to:

- increase understanding of choices;
- support and empower people;
- improve social and emotional wellbeing;
- promote independence;
- reduce social isolation, loneliness and exclusion.



We are a one-to-one, person centred service for YOU!

Who is the service for?

- Older people (50+);
- People with learning disabilities;
- People living with dementia;
- Carers of any of the above.

We can also work closely with individuals living with mild mental health conditions in the eastern part of Bridgend and with families in contact with our Early Help Hubs.

An introduction can be received from anyone including from the individual themselves.





What can a Navigator do for you?

We can support you to take positive steps to improve your health and wellbeing, improve your social interaction and help you enjoy a more independent life within your community.

Through having a one-to-one conversation, we can provide information on local services and groups to suit your needs and widen your social network!

We can introduce you to lots of activities including volunteering, arts and crafts, gardening, health and wellbeing courses, benefits advice, befriending schemes or local community social groups. The list is endless.

We can spend time getting to know you and what matters to you

We can work together to help you take the next steps.

For those who need extra assistance, we can connect you to other services to help you get the support you need.



We provide a friendly face, a listening ear and a guiding hand to people in your community

**Contact BAVO to discuss your options:
T: 01656 810400**

**E: communitynavigator@bavo.org.uk
www.bavo.org.uk/community-navigators**

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**Are you a local group
and would like to register or
promote your activities?**

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