

Let's Talk Service

Being active and making connections with others is an important part of our health and wellbeing.

Let's Talk can help to identify what support you would like to access and to make connections in your local community.

The Let's Talk Vocational Specialist will:

- Offer one-to-one support tailored to your needs, including appointments in local venues.
- Support you to find groups that interest you, and in accessing services until comfortable to do so independently.
- Encourage you to join onto our virtual and face to face group sessions
- Help you to build confidence and independence.
- Encourage you to build your social connection.

Who is eligible for this service

The Let's Talk service aims to support individuals who are experiencing isolation and loneliness:

- Aged 18 years or over.
- Living in Sandwell, Dudley, Walsall, or Wolverhampton

Interested? Contact us on:



bchft.letstalk@nhs.net











Our 1-1 Feedback

Susan (Client):

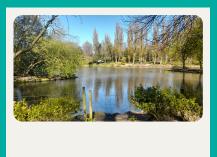
'I cannot thank you and your services enough for your support... my confidence has grown, and my anxieties lessened to the point I can now leave my home and join in with the outside world again'.

Alan (Community Mental Health Nurse):

'My client regularly attends the virtual coffee mornings and quizzes. You have signposted him to a men's group and another social support group, I can tell they like the groups and they have significantly improved their social network"



Feedback from 'Coffee at the Molineux'



Pictures from our Walk & Talk Sessions



Together with you to achieve **healthier, happier lives**

Find us on social media by searching 'Black Country Job Support'

