



## Hospital Discharge Well-being Service: Brighton & Hove

Healthwatch Brighton & Hove offer a well-being service for people when they get home after a stay in hospital. We aim to contact you or a family member/carer over the phone within 24 hours of you leaving hospital to ensure that you are supported in the best way.

We will explore with you if there is anything outstanding linked to your hospital discharge that needs to be followed up and also if required, we can connect you to community, voluntary and private sector services that might benefit your wellbeing.

### What can we offer?

- Practical and wellbeing support in the immediate days following discharge from hospital.
- Specialist local knowledge to enable referral to local services, for example, food and medicine deliveries or financial advice.
- Information and advice to reduce loneliness and social isolation.
- Links to organisations that can support you to improve your health and wellbeing.
- Signposting to organisations that will be able to provide specialist advice on welfare benefits or advocacy.

### When will the service be available for support?

- We operate a 7 day week service between 9am and 5pm.

### Who is eligible to support from the service?

- All adults that are discharged from Brighton and Sussex University Hospitals Trust (BSUH) hospitals who live in Brighton & Hove.

For more information about the Hospital Discharge Wellbeing Service, please contact the **Healthwatch Team** on **01273 234 041** or [HDWellbeingService@healthwatchbrightonandhove.co.uk](mailto:HDWellbeingService@healthwatchbrightonandhove.co.uk)