



Information and Signposting Service

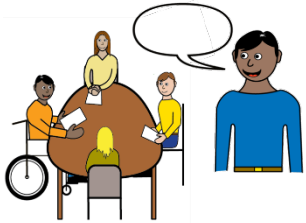


Signposting is giving people information and help to find the health and care services they need.

About us



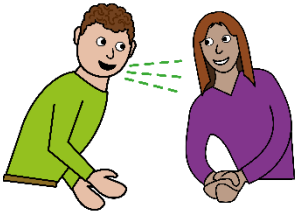
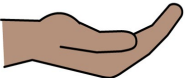
We are Healthwatch East Sussex. We work to make care better for everyone.



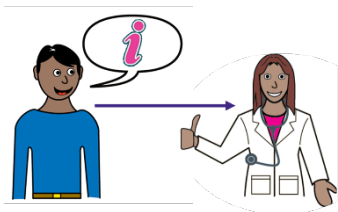
We speak up for people who use health and **social care** services. Health services are things like doctors, dentists, and pharmacists.



Social care is when you need support to look after yourself. This could be support at home or in a care home.



We listen to the views of local people.

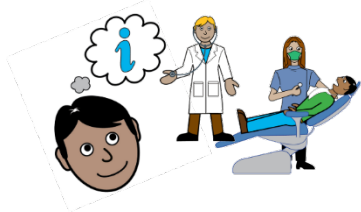


We share these views with managers and staff in local services. This helps to make services better.

Our Information and Signposting Service



We run an information and signposting service. We help people to access the health and care services they need.

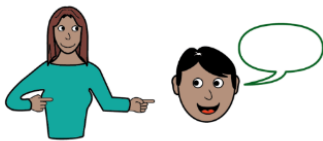


Things we can do

We can help you find information about health and social care services.



We can give you information about making a complaint about health or social care services. A complaint is when you tell a service you are not happy with the support you got.



We can give you information about **advocacy** services.

Advocacy is about helping you to speak up and be heard.



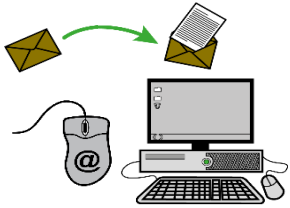
Our information and advice is free.

Contact us



Telephone:

We are open Monday to Friday, 10am-2pm.
0333 101 4007



Email:

enquiries@healthwatcheastsussex.co.uk



Website

www.healthwatcheastsussex.co.uk/contact



Post:

RTTT-BYBX-KCEY
Healthwatch East Sussex,
Greencoat House,
32 St Leonards Road
Eastbourne, East Sussex,
BN21 3UT



Freepost means you do not need to put a stamp on the envelope.