

### **CARE NAVIGATORS IN THE NEW FOREST**

A **Care Navigator** works as part of a team at your GP Surgery and aims to help you and your family/carer access personalised and coordinated care. They can help with referrals to other relevant medical services, ensure care packages happen as they should, signpost beneficial organisations and activities in your area and support you in making sure your needs are met—and much more!

The New Forest area is divided into two sections and Care Navigators cover the following GP Practices.

#### **NEW FOREST EAST—01590 615409**

**Testvale, Lyndhurst, Waterfront & Solent, Waterside, New Horizons Medical Partnership, Blackfield & Forestside.**

#### **NEW FOREST WEST—01590 615410**

**Twin Oaks, Brockenhurst & Sway, Arnewood, Milford & Wisteria, New Milton, Barton/Webb Peploe, Chawton, Fordingbridge, Cornerways & Ringwood**

If you wish to contact your Care Navigator phone the number above that covers your GP Practice. The numbers are an answering service only from Monday to Friday—9am to 5pm. Leave a message and they will ring you back.