

Who can access the project?

- > People aged 50 and over
- > People living in Torquay or Paignton
- > People experiencing a significant life transition (bereavement, retirement/job loss, divorce, family changes, health changes) which goes beyond available support from family or friends
- > Especially (but not exclusively) living alone

How to access the service?

The first step is to make contact with the team directly.

We will take initial details which will be passed on to one of our co-ordinators. The co-ordinator will make contact with the person seeking support.

If eligible, they will arrange to meet to explain what the project offers and find out what changes the person is looking to achieve. They will then match them with a trained volunteer who will provide enabling support for a time-limited period.

We are always keen to hear from people who are interested in being a volunteer with the Torbay Navigators Project. If you would like to be involved as a volunteer, we would be delighted to hear from you. Please contact us using the details below.

British Red Cross
Torbay Navigators Project
Torbay Innovation Centre
Lymington Road
Torquay
TQ1 4BD

Tel: **01803 321 247**

Email: **torbay@redcross.org.uk**

redcross.org.uk



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TORBAY NAVIGATORS PROJECT

Supporting people over 50 who are going through change and transition

Refusing to ignore people in crisis

The British Red Cross is working together with Age UK Torbay on a unique new project – the Torbay Navigators Project.

The project helps people over 50 who are going through major change or transition in their lives.

How will the Torbay Navigators Project help people?

There can be times when change can affect a person's ability to cope. It can highlight isolation, loss of confidence and even depression and anxiety.

The project helps people to navigate their way to an improved sense of health and well-being through individual support.

This is achieved by helping people to identify their own personal goals for positive change followed by a period of individual support that brings about improved confidence and well-being.

