



## 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](mailto:bchft.letstalk@nhs.net)



01922 608500  
01922 922443



## 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'



"Brilliant afternoon, looking forward to the next one."

"I really enjoyed the session and in such a nice environment."

"Time was flying by, it was lovely!"

"I enjoyed meeting everyone. It was a fantastic time."

### Feedback from 'Coffee at the Molineux'



### Pictures from our Walk & Talk Sessions