

# George Eliot Hospital

## Helping you

# Back to Health



George Eliot Hospital  
NHS Trust

## Is there anything we can help with?



Back to Health is a **volunteer service**, supporting people of any age when they are on **waiting lists** and when they have been **discharged** from hospital

### The kind of things we can help with:

- If you're feeling isolated or lonely
- Transport or accompanying you to a community event
- Preparing for appointments and hospital stays
- Information about what to expect when you visit hospital
- Preparing for surgery
- Help at home when you've been discharged

### How to access this service:

- Call us directly on 07796 120 636
- Email us on [comfortcalls@geh.nhs.uk](mailto:comfortcalls@geh.nhs.uk)

*[Service available Mon –Fri 09.30.15.30]*