



HEALTH ACCESS

Join Our Peer Support & Health Access Facilitation Group!

Are you facing challenges accessing healthcare? Need support managing your mental or physical health?

Take Off, in partnership with Dover Big Local, invites you to join our Peer Support and Health Access Facilitation Project, designed to help you overcome barriers and take control of your health and wellbeing.

What We Offer:

- **Weekly Peer Support Groups:** Share experiences, coping strategies, and get support from others who understand (Fridays 1pm to 2.30pm)
- **Health & Wellbeing Discussions:** Learn about managing chronic conditions, mental health, and navigating healthcare systems.
- **One-on-One Support:** Get help booking appointments, filling out forms, and preparing for healthcare visits.
- **Healthcare Navigation Workshops:** Learn how to access local healthcare services and understand your healthcare rights.
- **Multilingual Resource Guides:** Find out about services, transportation, and support networks in Dover.

Get support and advice 1 to 1

Guest Speakers at groups: Hear from local healthcare providers and experts

FREE to attend

Get involved, get informed, and take charge of your health!

