

## What can I do to help?

- [Hand deliver a pack and chat to staff](#)
- [Add information about local services](#)
- [Ask for a meeting with the practice manager](#)
- [Ask to speak at a primary healthcare team meeting](#)
- [Write to the Primary Care Trust \(PCT\)](#)
- [Get Involved with a Local Involvement Network \(LINK\)](#)
- [Order Fill in the Gaps publications](#)

---

©2012 Sense  
Sense, 101 Pentonville Road, London N1 9LG, Tel.: 0845 127 0060, Text 0845 127 0062, email: [info@sense.org.uk](mailto:info@sense.org.uk)  
Charity No. 289868  
Built on [Cubik](#)

[Sign In](#) [Sign Up](#)