Post Lockdown Family Support

LEARNING SOUTH LEICESTERSHIRE SCHOOL SPORTS PARTNERSHIP



First Contact Plus

First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place.

The initiative allows residents who require help with one or a number of issues to access a catalogue of information, advice, help and support.

Information and resources on housing, health, living independently, money advice, work, security and other topics that assist the county's residents can be found on this site.

First Contact Plus is delivered by
Leicestershire County Council in partnership
with GPs, the police, health organisations,
voluntary groups and social care
departments, district & borough councils
who are helping adults across the county by
working together to make access to services
much easier.

(www.firstcontactplus.org.uk, 2020)

EXPLORE IMPROVING YOUR HEALTH WITH



Could any of these topics be of benefit to you or someone you know?

- Smoking
- Alcohol and Drug Awareness
- Active Lifestyle
- Healthy Weight
- Sexual Health
- Mental Health and Wellbeing

Click on a relevant area on the First Contact Plus website and it lets you know what support is in your local area.

Visit the website link to find out more about these topics;

http://www.firstcontactplus.org. uk/our-services/improving-yourhealth/

The resources available on the website could support you or someone you know.

smoking alcohol and drugs active lifestyle sexual health mental health

previously fallen preventing falls

Falls

fire safety risk of crimes rogue traders victim of crime

personal care help in your home lifeline transport visual impairment hearing impairment

Feeling Safe

> Living **Indepently**

Improving Your Health





What First Contact Plus

offers you



Home

Money, Debt and Benefits

benefits debt managing money funding future care

Work, Learning and **Volunteering**

unemployment adult learning volunteering



repairs, adaptation and maintenance warm homes housing options

Families and Relationships

> coping with cancer dementia support

Visit www.firstpluscontact.org.uk to find what local help and support is available. Support can be through a local class, group, activity club, phone call and more.