

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-your-health/>

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

smoking
alcohol and
drugs
active lifestyle
sexual health
mental health

fire safety
risk of crimes
rogue traders
victim of crime

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

previously fallen
preventing falls

**Feeling
Safe**

**Improving
Your Health**

Falls

**Living
Independently**

**What First
Contact Plus
offers you**

**Your
Home**

**Money, Debt
and Benefits**

**Work,
Learning and
Volunteering**

**Families and
Relationships**

repairs, adaptation
and maintenance
warm homes
housing options

benefits
debt
managing money
funding future care

unemployment
adult learning
volunteering

copng with cancer
caring for others
family activities
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.