



Would you like information about services that you need to stay safe and independent in your home?

If you are aged 60 or over and live in the Rushcliffe Borough, First Contact Signposting Scheme can put you in touch with a range of agencies that provide that help – just by completing one simple checklist. There is no need to make numerous telephone calls and give the same information to lots of different people.

Working with public and voluntary services, First Contact gives you to access to information and advice on services including:

- Assistance to claim benefits that you may be entitled to
- Falls assessments and advice on falls prevention
- Home safety and security advice
- Repairs, adaptations and specialist equipment for homes
- Energy saving improvements to help you keep warm and reduce energy bills
- Housing advice
- Information on activities and groups in your local community
- Information on community transport schemes.
- Advice on smoke detectors and fire prevention in the home

Once you have completed and returned the checklist, you will be contacted by the relevant services who will offer advice and information on what could be available to you. They may offer a home visit but will always contact you first (Remember to always ask for ID before letting someone you don't know into your home).

" Mrs G of Arnold said she was very pleased with the services she had received, adding Just to receive a bit of reassurance and that she doesn't feel that she's on her own makes her feel a lot better. " First Contact user

If you or someone you know wants to complete a checklist then please telephone Nottinghamshire County Council Customer Service Centre on 08449 808080 or access it online at

<http://www.nottinghamshire.gov.uk/firstcontact>

First Contact is managed by Rushcliffe Community & Voluntary Service and administered by Nottinghamshire County Council.