



**Are you aged 18 plus & live in Leicestershire?**

**First Contact** can get you the right information & support so that you remain living safely & independently in your own home.

**You can be helped with things like...**

- Falls alerter alarms
- Large button mobile phones
- Memo Minders – record a reminder message for you
- Aids & adaptations to help if you have sight problems / hearing difficulties
- Advice, support & grants for carers
- Keeping warm in your home
- Attendance Allowance / Pension Credit / Disability benefits
- Managing debts
- Home fire safety & smoke alarms
- Community transport / Luncheon clubs / group activities
- Domestic cleaning / shopping / gardening / home repairs

**If you would like to be referred to First Contact,  
please ask your GP or a member of staff**