



## *Are you looking to improve your health?*

---

**We offer a range of services to help improve your health if you're struggling with:**

- Smoking
- Sexual Health
- Alcohol and Drug Awareness
- Active Lifestyle
- Mental Health and Wellbeing
- Healthy Weight
- Previously fallen
- Preventing falls

## *Support with Finance*

---

**We can help you with a variety of financial issues such as:**

- Benefits
- Debts
- Managing money
- Funding future care

---

**Website:**  
[www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk)

## *Explore work learning and volunteering*

---

**Are you unemployed and need some advice?**

- Unemployment

**Want to learn something new?**

- Adult learning

**Would you like to volunteer and help with your local community?**

- Volunteering

## *Do you feel safe?*

---

**If you're currently feeling unsafe we can help with:**

- Fire Safety
- Risk of Crime
- Rogue Traders
- Victim of Crime

## *Explore families and relationships*

---

- Caring for Others
- Family Activities and Support

## *Strategies for living on your own*

---

**We can help with:**

- Managing Personal Care
- Help in your home
- Lifeline and assistive technology
- Community Groups and Transport
- Visually Impaired
- Hearing Impaired

## *Housing Advice*

---

**Do you need help to improve your home?**

- Repairs, Adaptations and Maintenance

**Need advice about keeping your home warm?**

- Warm homes

**Need advice on local, social and private housing options?**

- Housing options

---

**Email:** [firstcontact@leics.gov.uk](mailto:firstcontact@leics.gov.uk)