

# Your first place for health and wellbeing advice in Leicestershire

[www.FirstContactPlus.org.uk](http://www.FirstContactPlus.org.uk)



First Contact Plus is delivered by Leicestershire County Council in partnership with public sector, health and voluntary organisations.



For information and advice on staying healthy and independent in Leicestershire visit [www.FirstContactPlus.org.uk](http://www.FirstContactPlus.org.uk)

For extra help, use the 'make a referral' button to talk to one of our advisers who will put you in touch with the right people for extra support.

**Step 1** Visit [www.FirstContactPlus.org.uk](http://www.FirstContactPlus.org.uk)

**Step 2** Find information and advice on improving your health and wellbeing

**Step 3** Contact a member of the team if you need more help - [click the 'make a referral' button](#)

**Step 4** Start your journey to a healthier future

