Contact us

Website:

www.firstcontactplus.org.uk

Email: firstcontact@leics.gov.uk

Opening Times:

Monday: 9am—5pm

Tuesday: 9am—5pm

Wednesday: 9am—5pm

Thursday: 9am—5pm

Friday: 9am—4.30pm

Saturday: CLOSED

Sunday: CLOSED

we can help

If you require further information please speak to a member of the reception team.

Created by Chloe Coulson,
Reception Deputy Team Leader,
Central Surgery, Oadby.







Your **First** Contact for Information **Advice** and Support in Leicestershire.

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

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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

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