

Ageing Well

HELPING YOU TO STAY SAFE AND WELL



Bassetlaw
DISTRICT COUNCIL
— North Nottinghamshire —

Bassetlaw



Centre



Bassetlaw
Place-Based
Partnership



**Nottingham and
Nottinghamshire**
Integrated Care Board

AURORA
Wellbeing Services



mind | Nottinghamshire
for better mental health



**Nottinghamshire
County Council**

Stay safe and well this winter

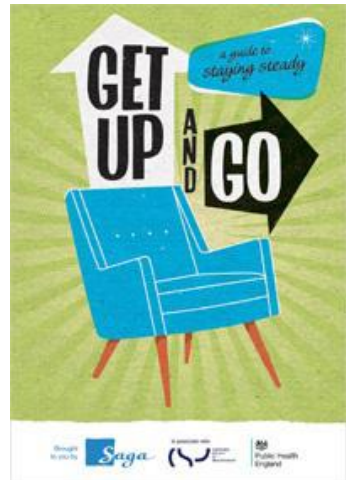
It is really important that we still check in with vulnerable people by phone, text or via a form of online chat.

When you are talking to people, please let them know about the [winter warmth advice](#) available online.

There is also a section about staying steady which includes top tips on preventing a fall:

www.nottinghamshire.gov.uk/falls

We also recommend reading the informative 'Get Up and Go' guides, which are packed with lots of useful information including how to reduce the risk of trips and falls in the home and what to do if someone else has a fall.



Contact Nottinghamshire County Council on 0300 500 80 80 if you would like to get a free copy of the guide. You can also download the guide here:

www.csp.org.uk/publications/get-go-guide-staying-steady-english-version.

If you are unable to check the risks in your own home, Nottinghamshire Fire and Rescue Service may be able to organise a safe and well visit.

This includes a discussion about falls and other potential risks. Find out how to make a referral by phoning 0115 838 8100. You may also be concerned about your own health. Unfortunately, getting older can affect our balance, muscle strength and bones.

However, the evidence shows that long periods of sitting down can do more damage. By doing regular exercise and stepping up your daily activity, you can help to improve your balance and muscle strength.

The recommended amount is 30 minutes five times a week. Gardening, housework, cycling and walking all count towards this total. Experts also advise two muscle strengthening sessions a week for the over 65s.

If you're struggling to get out to exercise during the winter months, you can sign up to free virtual classes by visiting [Your Health Notts](#) or by phoning 0115 772 2515.

www.yourhealthnotts.co.uk



There are also other virtual groups and classes across the county so there are opportunities to stay active and connected to others during these challenging times. If you are feeling lonely and would like support getting in touch with local groups and networks, BCVS social prescribing link workers can help. If you want information about this service, other ways to stay independent or what types of support are available, then please visit www.bcv.org.uk or call 01909 476118.

So, although we can't always do the things we normally love, it's important to try to stay positive, stay active, get support when you need it and look out for each other.

Age well this winter.

Tips for staying safe and steady

Here are some simple actions you can take to keep steady on your feet:

□ Exercise regularly – focus on activities that challenge your balance and strengthen your legs and upper body, such as gardening, dancing or tai chi. Check out Your Health Notts for tips and guidance:

www.yourhealthnotts.co.uk 0115 772 2515

email: yourhealth.notts@nhs.net to book your place.

- Check your eyes and hearing – go for regular sight tests and report difficulties you have with hearing in order to identify problems affecting your balance.
- Look after your feet – wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist.
- Review your medication – certain medicines can make you feel faint or affect your balance.
- Please let your GP or pharmacist know if you ever feel like this.
- Get enough vitamin D intake – vitamin D is essential for keeping bones strong – the best source is sunshine.
- Eat a diet rich in calcium – calcium also helps to keep your bones strong.
- Good sources are dairy foods, fortified soya products and canned fish with bones.
- Check your home for hazards – make sure your home is hazard-free, well-lit, warm and don't climb up to reach things out of cupboards.

Contact your GP – if you've had a fall or are worried about falling, tell your GP. There are many ways to help you feel confident again.

Remove clutter – mop up any spillages quickly.

Get a free home safety check – contact us on **0300 500 80 80** to find out more. Our Handy Person Adaption Service can provide help with essential minor adaptations and small practical jobs.

10 Top tips for staying safe and steady.

Let's #StaySteadyNotts, for more advice visit: nottscc.gov.uk/falls



Slow and steady

Allow yourself extra time to reach your destination to avoid rushing, and remember to keep a fully charged mobile phone handy.

Wear sturdy, well fitting footwear



Wear boots, shoes and slippers with non-slip soles and a sturdy back. Consider fitting a grab rail if you have steps at the front or back door. **Call HPAS on 0300 500 8080** who can arrange a free home safety check.



Focus on fitness

Staying active not only keeps you fit and healthy, it also helps you stay steady and balanced. Why not try one of our strength and balance exercises - there are quite a few to choose from.



Take care of your eyes

Get your eyesight and glasses checked annually. Free eye tests are available to all aged over 60.



Think bright

Keep a torch by your bed or a landing light on at night so you can see clearly. Also consider fitting higher watt light bulbs or a night light that will activate automatically.



Be alert

Watch your footing when out and about, stay on designated, well lit walkways and use handrails.



Walking aids

Check the rubber ferrule has plenty of grip left on your walking stick. If you don't use a walking stick why not use a mountaineering pole instead.



Drink responsibly

Keep health risks from alcohol at a low level by following advice about limits.



Take Care of your feet

Keep your feet in good condition, get your toenails trimmed regularly and arrange a visit to a podiatrist or your GP about any foot problems you may have.

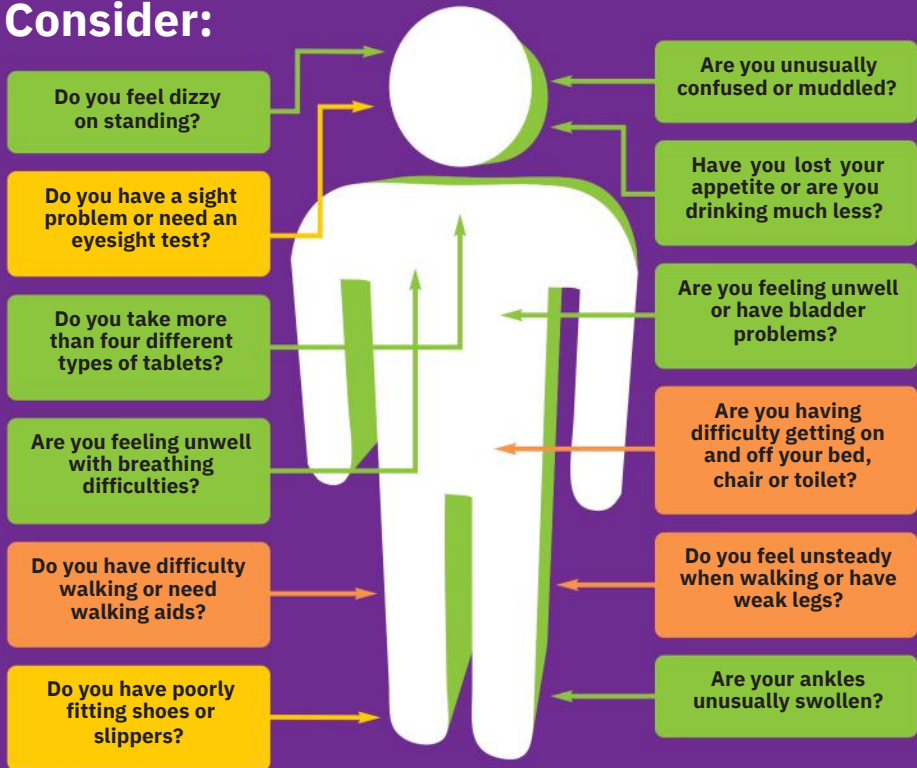


Get organised

Organise your home so that climbing, stretching and bending are kept to a minimum, and to avoid bumping into things. Remove clutter especially in passageways and fasten down carpet rugs.

More than one fall?

Consider:



Take action – call now:

Contact your GP
Practice

Discuss with Health
Professionals

Ask your family to
help you

Energy Advice



**WARM AND
SAFE HOMES
ADVICE**

Energy Advice
0800 304 7159

Benefits Advice
0800 138 8218

National Energy Action's WASH Advice Service is a free support service providing advice to householders in England and Wales on their energy bills and keeping warm and safe in their home. We can also help with benefits advice and income maximisation.

We can help you with:

- Support with gas and electricity accounts including fuel debt
- Switching suppliers
- Energy efficiency
- Trust fund applications
- Help with water bills
- Warm Home Discount and Priority Services Register
- Benefits advice and income maximisation

Ways to contact the advice service



Speak to an energy adviser
Call **0800 304 7159** or Call
0800 138 8218 for a benefit
adviser.



Text chat to an adviser
on **Facebook**



Make a Referral

Visit <https://www.nea.org.uk/advice/wash-advice/> for more information
or use [SignVideo](#)



Keep Warm Keep Well



Heat your home to at least
18°C



Ensure you have adequate food,
medication and warm clothes



Check if you are eligible for
help to keep your home warm

Keep Well



Stay as active as you can,
any exercise can bring
health benefits



Make sure you get your
flu vaccine



Make sure you have all
your medications in stock.

Keep Connected Safely



Get help if you need it.
Speak to your GP, pharmacist,
carer or key worker for advice



Keep in touch with
friends, family and your
community



Look out for others.
Ask how they are keeping
warm during cold weather

Further Information



Plan ahead.
Stay up to date
with the weather
forecast



If you're worried about
your health, visit the
[NHS Website](#), call 111
or in an emergency call 999

Helpful Resources

Health Advice

- [NHS How to stay well in winter](#)
- [NHS information on the Flu Vaccine](#)

www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well

Other Support and Advice

AgeUK: Keep well this winter Citizens Advice offers free and confidential advice online, over the phone and in person For additional support, check if you're eligible to register on your energy company's Priority Service Register. For more information visit the [Ofgem website](#)

Please visit the NHS website for more information: assets.nhs.uk/prod/documents/Stay_well_this_winter_-_large_print.pdf



Citizens Advice North Nottinghamshire Energy Team

Your local **Citizens Advice** energy team can support you with saving money on your energy bills. They can support with Switching tariffs / supplier to save you money on your energy bills. Checking if you are eligible for benefits such as the warm home discount and the winter fuel payment.

Registering you for the priority services register if you need more support from your energy supplier.

- Helping you to manage energy debt
- Supporting you to make your home more energy efficient
- Assisting you to make complaints or resolve problems with your energy supplier



For a free energy advice appointment call us on **0300 561 2800** or email **advice@canns.org.uk**

Benefit Calculation Drop-in Sessions

No appointment necessary!

Drop into our Workshop office between **09.30 - 3.30pm on the last Thursday of every month** and find out whether there are benefits you may be entitled to.

Bassetlaw Citizens Advice
100 - 102 Bridge Street, Worksop, S80 1HZ



Are you entitled to Attendance Allowance?

It might be worth applying if you:

Have a **health condition** which affects your day to day life

and

Are over state pension age

Even if you have savings over £16,000.

Attendance Allowance is **not means tested**

Call 0800 731 0122 to order a form

Guidance on how to complete the form:

www.citizensadvice.org.uk



Please call:- 0300 561 2800 for advice

Nottinghamshire Mind offers a range of services and support to meet individual needs, ... and one to one support from trained Volunteer Mentors and professional Mind Recovery Coaches. For more information please contact us:

Telephone: **0800 470 0203**

Email: **admin@nottinghamshiremind.org.uk**

www.nottinghamshiremind.org.uk



Tel 0330 822 4100

Telephone opening hours:

4pm to 11pm Monday to Sunday

Drop-in Sanctuaries:

Every **Wednesday & Sunday** -

Worksop Mind

Hardy Street

S80 1EH

Open: 5pm to 10pm

Having difficulties with your
mental health?



Call 111
Option 2

Mental health crisis support
available **24/7** for **all ages** via **NHS 111**

The service is available to anyone in mental health crisis at anytime, anywhere in the UK and is available 24 hours a day, seven-days a week, the **111 option 2** is the new number to call if you are experiencing a mental health crisis and need immediate help. It's open to people of all ages who need urgent mental health support.



Nottinghamshire
Talking Therapies



Feeling low, worried, or stressed?

We are here for you

At NHS Nottinghamshire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage. If you are aged 17 ½ years or over and registered with a GP in Nottingham, Bassetlaw, or Nottinghamshire we can help you find the tools you need to get life back on track.

Contact us now, it is **FREE** and confidential.

www.notts-talk.co.uk

0333 188 1060

notts.iapt.admin@notts-talk.co.uk

Kilton Feel Good Memory Group

Kilton Feel Good Memory Group

Weekly on a Friday 11am - 1:30pm
Kilton Forest Golf Course
Entertainment and light lunch provided
£6 per session



To book a place, call 07957743053 or
email kiltonmemorygroup@bpl.org.uk

Kilton Forest
Golf Course Worksop

bpl
community
health

Forget Me Nots - Tuxford



Forget Me Nots Tuxford is a voluntary group open to older people worried about their memory, with or without a diagnosis of dementia. For families and carers or anyone who is feeling lonely in the Tuxford and surrounding area.

We meet every Tuesday's at 1200 noon till 3pm, £8 charge, included is a two course light lunch, refreshments and activities.

You are welcome to bring a Companion/Carer to assist you, free of charge.

Held at – The Beeches Community Centre, Birch Court, Tuxford, Newark, Postcode NG22 0NG.

The venue has level access and there is a wheelchair accessible toilet. For further details contact - Sonya Bown on telephone 07933 452 969

Bassetlaw

ACTION

Centre



The NHS App can help with:

- Requesting prescriptions
- Booking appointments
- Contacting your surgery
- Checking results
- Viewing your health record
- Seeing upcoming appointments
- Connecting your whole family

**Find out more at
Bassetlaw Action Centre**



**www.BassetlawActionCentre.org.uk
01777 709650**

"The best thing I could do to help me with my condition"



"I have learnt how to communicate with my doctors and nurses"

Free NHS self-management 6-week programme for people living with long-term conditions

What does the course cover?

- Dealing with pain & extreme tiredness
- Coping with feelings of depression
- Relaxation & breathing techniques
- Healthy eating
- Exercise
- Problem solving
- Pain Management
- Coping with anger, fear & frustration
- Communicating with family, friends & health problems

"This course has given me back the confidence to get on with life- it was like everything stopped when I became ill until I attended the course"

Course is led by tutors who themselves have experienced long-term health conditions.

One 2.5 hour session a week, for 6 weeks, instructed across multiple locations

"This course has made me realise that I can have some say over my pain and not let it dictate my life"

For more information, or to book on the next course, please call **01777 709650** or email

stayingwell@bassetlawactioncentre.org.uk



Bassetlaw
Place-Based
Partnership

Bassetlaw



Centre

Energy Advice

Our energy advisor is able to visit you at home to give advice on keeping warm and well.

This can include:

Energy tariff switches to ensure you aren't overspending on your gas and electricity.

Identifying and assisting you to apply for funding for energy saving measures or to replace faulty equipment where applicable.

Registration on to the priority services register

Benefit check to ensure you are in receipt of correct benefits.

Help and advice with fuel debt

Promotion of energy awareness to the residents of Bassetlaw.

For more information or to make a referral contact case worker on:

Telephone: **01777 709 650**

Monday to Friday 9:00am to 1:00pm

www.bassetlawactioncentre.org.uk



Face to Face Befriending

Our befriending scheme can receive referrals from anyone who is suffering from extreme loneliness. Befriending is a means to reduce isolation and increase independence.

Our clients are placed with a befriender who will visit them for one hour a week in their own home or telephone them to chat and encouraging them to make positive choices to help them to help themselves.

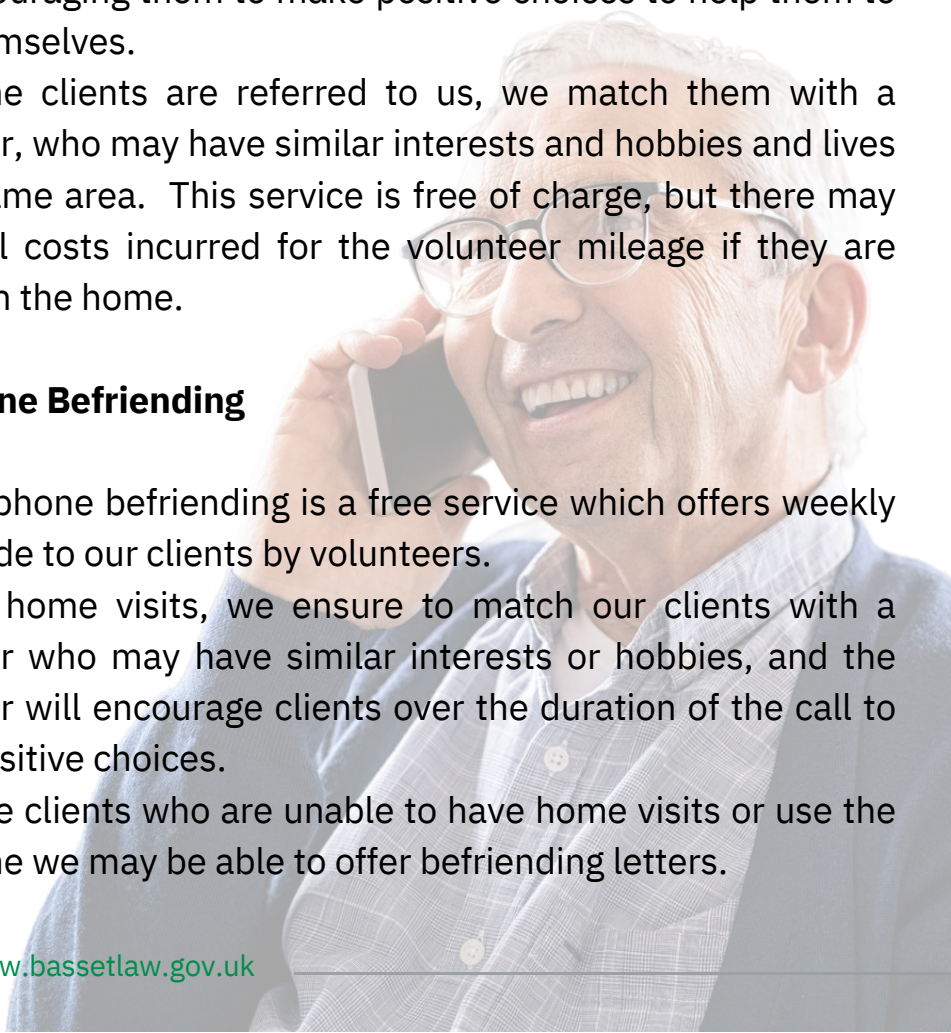
When the clients are referred to us, we match them with a volunteer, who may have similar interests and hobbies and lives in the same area. This service is free of charge, but there may be travel costs incurred for the volunteer mileage if they are visiting in the home.

Telephone Befriending

Our telephone befriending is a free service which offers weekly calls made to our clients by volunteers.

As with home visits, we ensure to match our clients with a volunteer who may have similar interests or hobbies, and the volunteer will encourage clients over the duration of the call to make positive choices.

For those clients who are unable to have home visits or use the telephone we may be able to offer befriending letters.



Peer to Peer Befriending

Peer to peer befriending is a great way for clients to support each other through weekly telephone calls.

Befriending not only benefits the person who receives the call but also the person who provides the call. People often volunteer for Befriending as a way to reduce their own isolation and loneliness whilst helping another person.

As such we now offer Peer to Peer Befriending Support. This is where 2 clients waiting for a volunteer will contact each other via telephone and Befriend each other. This enables both clients to give and receive support, build friendships and help each other overcome their feelings of loneliness and isolation.

Contact: Sarah Radford
Bassetlaw Action Centre
Canal Street
Retford
DN22 6EZ
Telephone: 01777 709650
Email: befriending@actioncentre.org.uk

Community Car Scheme

About the scheme

The Bassetlaw Community Car Scheme is only available to Bassetlaw residents who are unable to access any other forms of public transport. The scheme can be used to visit friends or social clubs, attend doctors and hospital appointments or maybe just go shopping. It is a door to door service; volunteer drivers will allow you one hour maximum from dropping off before returning you home. If you know you are going to be more than one hour, please state at time of booking as there will be an additional charge in this circumstance.

Membership

In order to use the scheme you must register and become a member. There are 3 types of membership available as follows:

1. Full membership is £25 per year
2. Monthly membership is £8 which will allow members to use the scheme on a temporary basis for one month.
3. Carers membership is free of charge and is for people who need to accompany another member of the scheme.

Anyone who registers as a Carers membership cannot travel with the scheme for any other purpose without first becoming a Full or Monthly member.



Booking and paying for journeys

The charge for a journey is 45p per mile for each mile that the driver travels plus a non refundable administration fee of £2.50 per journey taken on confirmation of the booking. Payment for the journey is made to your driver who will issue you with a receipt. Prices are charged per journey; for example if there are two passengers in the car the price will be shared by both occupants, however you will have to pay the full fare when travelling alone.

We generally require 3-4 working days notice to book a journey although please give as much notice as you can. Clients are asked to provide 24 hours notice if they wish to cancel a journey. Failure to do so may incur a late cancellation charge in addition to the driver's expenses.

Contact:

Bassetlaw Action Centre

Canal Street

RETFORD

DN22 6EZ

Telephone: 01777 709650

Email: transport@actioncentre.org.uk

Housing Choice

This service provides information, advice and support to people in Bassetlaw on housing related issues across all tenure.

Who is it for?

Our service is aimed at older and vulnerable people, their family and carers who recognise that they are starting to find things difficult in their own homes and want to consider their options to meet their changing needs. This might include moving to more suitable accommodation such as somewhere smaller, nearer to family and friends or housing specifically for older people such as sheltered housing. They could also be thinking about making changes to their existing property such as repairs or adaptations.

Our service is also aimed advice and health & social care workers who support older and vulnerable people.

What support is available?

Your Housing Choices Advisor or Caseworker can:

- Provide support to explore different housing options and help put these changes in place, as appropriate
- Support in the moving process
- Provide benefit advice
- Assist to register with social housing and housing associations
- Refer on to other local services

Housing surgeries

Our housing surgery is held with the case worker in our Retford office.

Please note that surgeries are by appointment only.

Contact Us

For more information about Housing Choice or to book an appointment with the case worker please contact us between 9am and 1pm Monday to Friday, please see the top of this page for contact details.

Contact: Craig Chadburn
Bassetlaw Action Centre
Canal Street
Retford
Nottinghamshire
DN22 6EZ
Telephone: 01777 709650
Email: housing@actioncentre.org.uk

Home Support Service

The Home Support Service offers fully insured, DBS checked caring staff to undertake the following:

- General housework
- Laundry/Ironing
- Shopping
- Help with correspondence
- Medication prompts
- Sitting service
- Light meal preparation
- Accompanied shopping
- Social visits

The service is available across Bassetlaw.

Please note: The service does not offer personal care.

To make an enquiry or referral to the scheme

Please contact the Home Support Co-ordinator at Bassetlaw Action Centre.

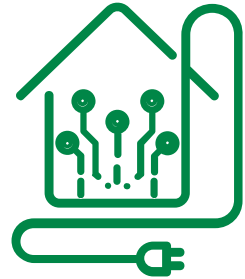
Your Home Support Worker

Our Home Support Workers have a wide experience of working in the community. Wherever possible clients will have the same Home Support Worker for each visit.

Costs

- Minimum service is 1 hour
- Standard Hourly Rate
- Additional 1/2 hour increments are available
- Additional mileage and/or travel time may apply
- Mileage travelled on behalf of the client will be charged at 45 pence per mile
- Premium rates apply for Weekends, Bank Holidays and Nights
- 24 hours notice is required for cancelled visits or a cancellation fee will apply
-

Please call 01777 709650 for more information.



Get a FREE home visit to help save money, keep warm for less, and drive out cold and damp.

On average, you can save £325 a year!

Groundwork Five Counties offer this service across the East Midlands, to people of all ages and backgrounds, whether you rent, own, are a council tenant or in social housing.

They will visit your home to find and tackle cold spots, draughts, damp/mould, and give you bespoke advice on how to best use your energy.

They can also advise on the best tariff for you, debt, fuel vouchers, emergency food and much more.

It's completely FREE of charge to you as we are funded by national and local funders.

www.groundwork.org.uk/greendoctor

Are you over State Pension age?

Pension Credit could give you extra money.



Eligibility criteria apply

To check if you are eligible for Pension Credit, which could then open up eligibility for the Winter Fuel Allowance, please visit: www.gov.uk/pension-credit

Better Housing Better Health

The Warmth & Wellbeing Service



HOME ENERGY ADVICE

Better Housing Better Health (BHBH) is a charity working locally to improve your domestic warmth & wellbeing. In a preventative approach, our free helpline provides you with a single point of contact for services, advice and financial support in order to help improve the energy efficiency of your property.

FINANCIAL SUPPORT

Our team of experts can work with households to apply for grants and funding to help with your home energy. Schemes like the Warm Home Discount can take £150 off your bills and ECO Funding can replace heating systems as well as install insulation. Call us to see if you're eligible and start the process.



WE ARE HERE.

GET IN TOUCH
0800 107 0044
WWW.BHBH.ORG.UK



Better Housing Better Health is here to help keep residents warm and well at home and improve the energy efficiency of their homes.

In a preventative approach to health and wellbeing, our service provides residents with a single point of contact to get impartial expert advice to help improve the energy efficiency of their home, save money and improve comfort.

**www.bhbh.org.uk
0800 107 0044**

HELP TO WARM UP YOUR HOME

Dear Homeowner

Heating bills are increasing and likely to continue increasing; this can put a strain on household budgets. By improving insulation and heating in your property, you can reduce energy bills. In addition to making your home warmer and more energy efficient, a warm home can improve health and well-being.

Bassetlaw District Council has engaged with energy suppliers to households that would benefit from funded energy efficiency improvements as part of the Government **Energy Company Obligation. Eco4**

If you think your home could benefit from Loft Insulation, Cavity Wall Insulation or new Boiler please contact our Strategic Housing team on 01909 533533 who would be happy to get your home assessed.

The majority of homes will qualify to receive 100% funding to pay for energy efficiency improvements. However, there may be occasions when improvements do not fully qualify and a customer contribution may be required to achieve the compliance criteria. Residents are under no obligation at any time to proceed with improvements identified during the survey. All measures are subject to survey eligibility and suitability of the property and resident.

Bassetlaw District Council is not responsible for any works carried out under the Eco-Flex scheme

Accessing pharmacy services



Some local pharmacies may have different opening hours this **bank holiday**.

Search '**find a pharmacy NHS**' to find an open pharmacy near you.



Your health matters
Help us help you



If you need further information and/or support on the cost of living, the Bassetlaw cost of living support booklet is here to help.

It is available digitally and as a physical booklet.

The information can be found via

www.bcvs.org.uk/costofliving or you can contact BCVS via bcvs@bcvs.org.uk to request a physical copy.

MENTAL HEALTH BASSETLAW

Dedicated to prioritising your mental health in Bassetlaw.

www.mentalhealthbassetlaw.org

The Bassetlaw mental health website is a dedicated website for supporting mental health in Bassetlaw and has a comprehensive directory of all the services available.

SAMARITANS

Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

Call **116 123** from any phone
OR email jo@samaritans.org
Website: www.samaritans.org



Having difficulties with your mental health? **NHS**

Call 111 Option 2

Mental health crisis support available **24/7** for **all ages** via **NHS 111**

The service is available to anyone in mental health crisis at anytime, anywhere in the UK and is available 24 hours a day, seven-days a week, the **111 option 2** is the new number to call if you are experiencing a mental health crisis and need immediate help. It's open to people of all ages who need urgent mental health support.



**Nottingham and
Nottinghamshire
Talking Therapies**

Talking Therapies

Talking therapies may be able to help if you are struggling to cope with anxiety, depression, or stress - if you are 18 and above, and are registered with a Nottinghamshire GP you can access this service.

<https://notts-talk.co.uk>

Contact us for an appointment on 0333 188 1060 or you could ask your GP for a referral. You can also fill out an online form.

Bassetlaw Bereavement Care at Bassetlaw Hospital

Support is accessible Monday - Friday
09.00 - 5.00pm based at Bassetlaw Hospital.

Contact: Bassetlaw Hospital Address Kilton Hill Worksop

Phone: **01909 572 779** www.dbth.nhs.uk



The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Need help? Call us ANYTIME on: **0800 470 80 90**



Provides information and support for those with dementia.

Telephone: **0333 150 3456**

(Monday to Friday, 9am to 5pm and 10am to 4pm on weekend. www.alzheimers.org.uk



The Admiral Nurse Dementia Helpline is for anyone with a question or concern about dementia, including Alzheimer's disease.

Call the Dementia Helpline for free on **0800 888 6678** or send an email to helpline@dementiauk.org.

For more information visit www.dementiauk.org

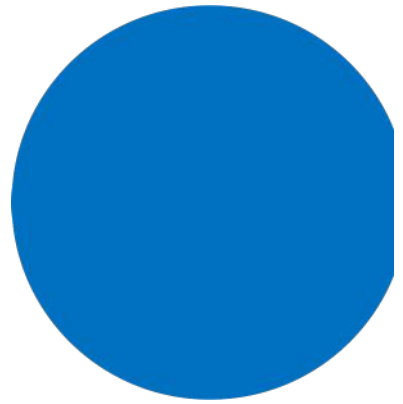


Oasis Community Centre offer a variety of services and support groups to support local people of all ages.

www.oasiscommunitycentre.org

Call/Text: 07795 194957

Email: Oasiscentre-steve@outlook.com



WE ARE A LOCAL CANCER CHARITY WORKING TO IMPROVE THE LIVES OF LOCAL PEOPLE AND THEIR FAMILIES WHO ARE LIVING WITH CANCER OR A LONG TERM ILLNESS

We can help to support you during and after treatment for cancer.

WE ARE HERE FOR THE PEOPLE OF BASSETLAW TO PROVIDE:

- A listening ear with a Wellbeing Practitioner
- Emotional Support from a specialist counsellor
- Practical Support
- Social Support
- Physical support
- Education and Workshops
- Online Resources Advice and Information
- Signpost to financial Advice and Information

CONTACT US ON 01909 470985 FOR MORE INFORMATION OR visit our website www.aurorawellbeing.org.uk
Email us on admin@aurorawellbeing.org.uk

“I found it useful to have some time set aside to focus on me. Time I didn’t have to feel guilty about”

AURORA CLIENT

Social Prescribing Link Workers



Social Prescribing Link Workers are specialists with a wealth of knowledge and experience about support services in Bassetlaw. Anyone over the age of 16 who is registered with a Bassetlaw surgery can access this service.

The Social Prescribing Link Workers can help to:

- Identify Groups which may offer additional support to help patients understand and manage their medical condition
- Access community social groups by giving a patient a named contact and specific group information
- Access benefits, debt and welfare advice
- Address loneliness and isolation issues by encouraging participation with local activity groups
- Access information and advice on a wide range of services for the whole family

To get the help and support you need please ask at your GP surgery or contact Bassetlaw Community and Voluntary Service on 01909 476118 for more information.

Contact us



Bassetlaw
DISTRICT COUNCIL
— North Nottinghamshire —



01909 533 533



www.bassetlaw.gov.uk



customer.services@bassetlaw.gov.uk



Text us on 07797 800 573



Find us on Facebook - BassetlawDC



Twitter @BassetlawDC



Visit us at:

Retford Office

17B The Square, Retford DN22 6DB

Worksop Office

Queen's Buildings, Potter Street, Worksop S80 2AH

All offices are open: Monday to Friday 9:00am to 5:00pm

If you need any help communicating with us or understanding any of our documents, please contact us on **01909 533 533**.



Bassetlaw
DISTRICT COUNCIL
— North Nottinghamshire —