

First Contact Derbyshire Signposting Scheme Information Sheet

First Contact is a free service for adults living in Derbyshire. It provides an easy way for you to get in touch with local services who can support your wellbeing and help you stay independent. We run the scheme in partnership with a variety of local agencies. It is for anyone over the age of eighteen who thinks that they could benefit from the scheme.

Services that can be accessed through First Contact

We work with a variety of statutory and voluntary sector organisations who can provide information on the following.

- **Staying safe and secure at home**
Smoke alarm & fire safety / home security / support for victims of scams or rogue traders / falls prevention / community alarms
- **Housing support**
Housing options / warm homes advice / repairs
- **Social and recreational activities**
Clubs, classes & groups, / community transport / home library service / befriending services / volunteering
- **Work, learning and income**
Disability employment support / adult education courses / welfare benefits check
- **Families and relationships**
Support for carers / support for ex-service personnel and their dependents / support for families with children under 19
- **Health and wellbeing**
Stop smoking / lose weight / become more active / reduce alcohol intake / help with a drugs problem / information about emotional wellbeing / difficulties managing daily living activities / dementia / memory support

Making a referral

You can make a referral to the First Contact Signposting Scheme online, or contact Call Derbyshire, telephone: **01629 533 190**. You can make a referral for yourself, a family member or a friend. If you're a professional you can refer a client or patient.

Complete a First Contact form at derbyshire.gov.uk/first-contact-form

Or an online form at <https://apps.derbyshire.gov.uk/applications/formBuilder/first-contact-derbyshire-signposting-scheme/AE5D45A7-9749-4CC1-AB34-E726EB282F61>