

WHAT

EXAMPLES

WHERE TO GO FOR SERVICES

Social isolation, loneliness, mental health difficulties, support to live independently at home

Support to attend social activities (lunch or craft club), support services (befriending, gardening, shopping) home adjustments

Prevention Matters
01296 484322

General Healthcare

Mobility problems, eyesight, hearing, diet, dementia, trouble sleeping, diabetes, back pain, falls advice

Local GP surgery
or 111 out of hours service

Social Care

Questions regarding carers, care packages, eligibility

Buckinghamshire County Council
01296 383204

Targeted Fraud

Doorstep fraud, scams, burglary, cybercrime

Report a crime in progress TVP 999
Fraud, inc scams Action Fraud 0300 123 2040
Citizens Advice Consumer Line 0808 223 1133

Domestic Abuse

Physical, emotional, psychological, financial & sexual abuse, honour based violence, forced marriage, female genital mutilation, stalking

Women's Aid
Aylesbury Vale 01296 437777
Rest of Buckinghamshire 01494 461367

Personal safety: fire safety in the home

Free fire and wellness visit, safety check, smoke alarm fitting, kitchen safety

Bucks Fire & Rescue Service
01296 744477

Telecare: technology-enabled care & support

Personal alarms/pendants, home sensors, alert systems, fall detectors, bed sensors, flood detectors

Buckinghamshire County Council
01296 383774

Debt/money, employment, consumer issues, benefits & PIP, housing & homelessness, relationship & separation, the legal system, immigration, human rights

Free, independent, confidential & impartial advice via telephone or by appointment

Citizens Advice
Buckinghamshire 0344 245 1289

Overweight, smoking, inactive, unhappy, diabetic

Free support service to make small changes to improve health, weight, quit smoking, get more active, feel happier or manage diabetes

Live Well Stay Well
01628 857311