

Free Safe and Well visits – Shropshire Fire and Rescue Service offer free visits for households. Call **01743 260 260** or go to www.shropshirefire.gov.uk Click on 'Safe and Well Visits'.

Caring for someone? – Adult carer support service **01743 341 995*** web: www.shropshire.gov.uk/caring-for-someone-else Young carer support **01743 445 785*** web: www.crossroadstogether.org.uk/young-carersshropshire/

Family Information Service – Free information, advice and support on all aspects of family life. Call **01743 254 400*** or visit www.shropshire.gov.uk/FIS.

Social Prescribing – a non-medical approach to helping you feel better and find out what matters to you. Call **0345 678 9028*** select self-referral to Social Prescribing option. Visit www.shropshire.gov.uk/social-prescribing

Worried about falls? – Elevate classes for people aged 60+. Call **07852 871 589*** or visit www.energizestw.org.uk/elevate.

Energy Advice – Free, impartial energy advice and support to help you stay warm and well at home. Call Keep Shropshire Warm on **0800 112 3743*** or visit www.shropshire.gov.uk/keep-shropshire-warm.

Mental Health – For all age mental health and wellbeing support, visit www.shropshire.gov.uk/mentalhealthwellbeing.

Early Help – offer lots of advice and information to support families visit www.shropshire.gov.uk/early-help - if you need more family support contact our First Point of Contact team (FPOC) on **0345 678 9021***

SEND Local Offer – information, services, and resources for children and young people 0-25 with special educational needs and/or disabilities. Call **0345 678 9063*** or visit www.shropshire.gov.uk/the-send-local-offer/

*call during office hours, Monday to Friday, 9am to 5pm