



Contact Cares

First point of contact for help and advice on health and social care needs

- You can self refer or be referred by a professional working with you
- Initial contact and telephone triage, face to face assessments, planned or crisis response; provision of services until a longer term plan can be put in place
- Multi-disciplinary team of professionals all working together – making sure people get the right care at the right time in the right place

Open from 8am – 10pm; 365 days a year.

Call our single referral number:

01744 676767



Just some examples of what Contact Cares can help with:

- Frailty
- Respite care
- Intermediate care
- Day care
- Voluntary sector options
- Housing advice
- Transitional tenancies
- Equipment and adaptations
- Falls prevention
- Hospital avoidance car
- Reablement
- Referrals to adult safeguarding
- Referrals to children's services
- Unplanned blood tests
- Signposting to support and services
- Social work allocation.

"Contact Cares enables us to provide some services very quickly to help people remain at home and out of hospital"