

# Information to Help You: Factsheet 2

## HELP WITH SERVICES AT HOME

### MEALS AT HOME

There are a number of agencies that offer a wide range of menu choices delivered direct to your door covering different cultural and dietary needs. For more information telephone the First Contact on 01642 726004 or visit [www.middlesbrough.gov.uk](http://www.middlesbrough.gov.uk)

### HOUSEWORK/ LAUNDRY/ SHOPPING/ CLEANING/ GARDENING/ HANDYMAN SCHEME

For more information Telephone the First Contact Team on 01642 726004 or visit [www.middlesbrough.gov.uk](http://www.middlesbrough.gov.uk)

### HOME REPAIRS

#### The Staying Put Agency

The Agency works with Social Care and other organisations to provide a service to help older people (60+), people with disabilities (18+) and those who are vulnerable to remain and live more independently in their own homes. The Agency gives advice on repairs, improvements or adaptations to your home (such as bathing, accessing the toilet, going up and down stairs) and will provide information about financial assistance and can offer support to investigate other sources of funding.

For more information telephone 08005875184

#### **(MMAMS) Middlesbrough Mobile Adapt and Mend Service**

This handyperson scheme (run by the Staying Put Agency) offers essential minor repairs and minor adaptations which can include minor plumbing and joinery repairs, grab rails, stair rails, half steps and clearing guttering. The Agency can also take the worry of organising house repairs, adaptations or improvements through their Private Works service. For a small administration fee they will:

- Visit your home to discuss what work is wanted
- Obtain estimates from contractors for the work
- Provide advice on practical matters whilst the work is in progress
- Liaise with builders
- Inspect the work to ensure it has been carried out to an acceptable standard

For more information telephone freephone: 0800 5875184

## **HOME FIRE SAFETY VISITS**

Cleveland Fire Brigade carry out free fire safety checks in your home. This advice will help you to prevent a fire in your own home and will also assist in planning your escape route should a fire occur. They provide and fit free smoke alarms. For more information contact 01429874063 or visit [www.clevelandfire.gov.uk](http://www.clevelandfire.gov.uk)

## **CONNECT AND TELECARE**

Connect is a range of alarms to call for help. Telecare is a range of other equipment that is designed to help people live safely and independently in their own home such as various sensors and detectors. Both provide the support of someone to answer a call for help 24 hours a day 365 days a year. For more information telephone 01642 726009 or visit [www.middlesbrough.gov.uk](http://www.middlesbrough.gov.uk)

## **LIBRARY SERVICES**

Middlesbrough Library has a range of services to support vulnerable people and people with disabilities and their families. They can provide Books on Prescription which are books your GP may advise that you read. They also offer a wide range of talking books and E-books and E-audio books which are available to download directly to your home or mobile app. The Central Library also has “teleconferencing book club”  
For more information Telephone 01642 729001

If you have a disability or an illness that prevents you leaving your home or if you are a carer who has difficulty getting out, The Library Bus or “Housebound” Service can visit near or to your home. Before visiting they will telephone to find out your preferred reading / listening requirements.  
Telephone 01642 729001

For more information visit [www.middlesbrough.gov.uk](http://www.middlesbrough.gov.uk)

### **You can get a copy of these fact sheets by**

visiting [www.middlesbrough.gov.uk](http://www.middlesbrough.gov.uk), contacting your Social Worker / Care Manager, visiting the Central / Local Library.

If you would like to comment on the Factsheets please ring 01642 728305

For more information on services which may be able to help visit:  
<https://www.middlesbroughmatters.co.uk>

**All information was correct at time of print (24/07/15)**