

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 Single Point of Access Team on 01642 726004 or visit 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

HOME REPAIRS

The Staying Put Agency

Staying Put 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. They offer a low level repair service for non-essential work at a small cost.

The service is available to people who live in the Middlesbrough area, are owner occupiers, are disabled, vulnerable or aged 60+.

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

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 726004 or visit 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 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 using your library card and PIN. 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, "Books on Wheels" can deliver books direct to your home. Before visiting they will telephone to find out your preferred reading / listening requirements.

For more information telephone 01642 249201 or visit www.middlesbrough.gov.uk

You can get a copy of these fact sheets by

visiting 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>

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