Shropshire Council

Do you need help to find the right support?

Our advisers at Shropshire Council can help!

Call the number below

Our advisors will do their best to find support for your needs

0345 678 9012

Monday to Friday 9am to 5pm

Please turn over for useful information

Useful information

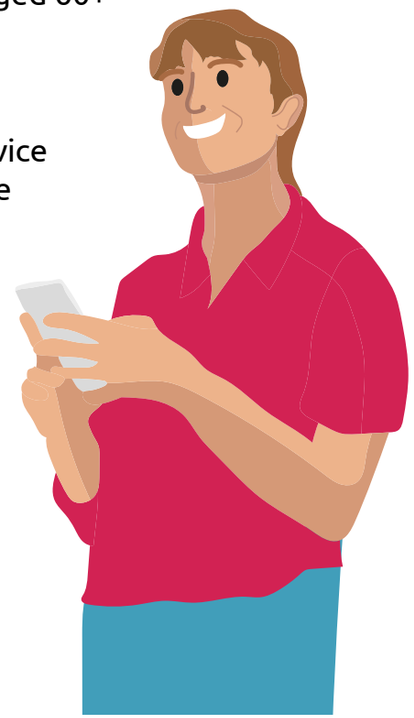
Worried about bills and the cost of living?
T: **0345 678 9012** Monday to Friday 9am to 5pm
W: www.shropshire.gov.uk/cost-of-living-help/

Fire Safety: Free Safe and Well visits
Provided by Shropshire Fire and Rescue Service
for households of all ages.
T: **01743 260 260** to book your free visit.
W: www.shropshirefire.gov.uk Click on 'Safe and Well Visits'

Caring for someone who couldn't manage without your help?
Shropshire Carers Support
T: **01743 341 995** Monday to Friday 9am to 5pm
W: www.shropshire.gov.uk/shropshire-choices/caring-for-someone-else/

Family Information Service:
Free information, advice and support on all aspects of family life
T: **01743 254 400** Monday to Friday, 9am – 5pm
W: www.shropshire.gov.uk/FIS

Social Prescribing - Support to help improve overall wellbeing.
This could include being more active, losing weight, stopping smoking
or getting involved in activities in the community
T: **0345 678 9028** Monday to Friday, 9am – 5pm
Select the self-referral to Social Prescribing option.
W: www.shropshire.gov.uk/healthy-shropshire/social-prescribing-in-shropshire/
You can ask for a referral at your GP Practice too.

Worried about falls? – Elevate classes for people aged 60+
T: **07852 871 589** Monday to Friday, 9am – 5pm
W: www.energizestw.org.uk/elevate

Keep Shropshire Warm – Free, impartial energy advice
and support to help you stay warm and well at home
T: **0800 112 3743** Monday to Friday, 9am – 5pm
W: www.mea.org.uk