

**FIRST CONTACT CLINICAL**  
ENABLING HEALTHY CHANGE

# HEALTHY HOMES SCHEME

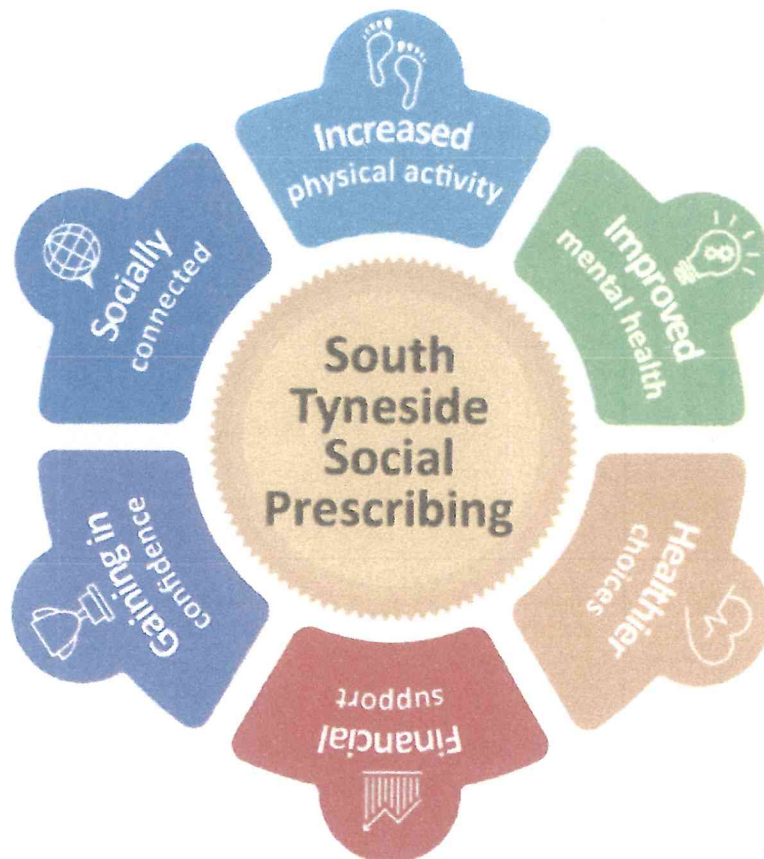


Enabling Healthy Change

# ABOUT US

First Contact Clinical is a community interest company based in South Shields. We have been working since 2008 to support people in our local community to improve their health and wellbeing.

Our aim is to make a difference to the lives of the people we work with, through promoting the knowledge, skills and confidence needed to practice self-care.



# WHAT IS THE AIM OF THE SCHEME?

Cold, damp homes are linked to ill health, lost school days and even early deaths. Low household income, poor heating or insulation and high energy costs contribute to fuel poverty.

There are older, colder homes in South Tyneside and a high prevalence of long term, life limiting conditions, which are often exacerbated by the environment in which people live. This scheme aims to support people facing these issues.

## Who can we support?

We can support anyone who lives in South Tyneside or is registered with a South Tyneside GP surgery.

## Areas we can explore:

- Energy efficiency
- Mould or damp issues
- Welfare support
- Benefits
- Home adaptations
- Fire safety
- Increased falls risks
- Living conditions



# HOW CAN WE SUPPORT YOU WITH THESE ISSUES?

## Where will we see you?

We will talk to you and find out how you would like meet with us. This could be home visits, in a GP practice or meeting in the community such as library, leisure centres, cafes etc.

## How to access the scheme:

Anyone aged 18 or over living in South Tyneside can access our services free-of-charge..



0191 4329838 ask to be referred to the healthy homes scheme.



Email us at [fcc.lifestyle@nhs.net](mailto:fcc.lifestyle@nhs.net)



Online at [www.firstcontactclinical.co.uk](http://www.firstcontactclinical.co.uk)

Scan the QR code below using the camera on your phone

