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**Themes:** Advocacy, , , , , Physical Disabilities, , Public Sector Services, Transport

**Aimed at:** All People

Care and support in Nottinghamshire

As you get older, or if you have problems with your health or mobility, then living independently and safely can become increasingly challenging. Here you can find out ways to support yourself or improve your quality of life and we will help you find the support and tools to do this.

Most people have to pay something towards the cost of their care and support. If you think you will be responsible for paying for your care and support, we have produced a guide to support you.

We have two short videos about how to get information and how to get support.

Nottinghamshire Help Yourself

The first place to look is Nottinghamshire Help Yourself which brings together a range of care and support providers with information about activities, events and groups all in one place.

Contact us

Alternatively, you can contact our customer service team who can guide you through the options.

If you can't find the service you're looking for let us know and we'll contact providers to try and close that gap.

## Services

We also provide some services to help you keep independent which you can access at anytime, without the need for any type of assessment.

### Meals at home

County Enterprise Foods provides an award winning service, delivering delicious, great value, hot and frozen meals to home across Nottinghamshire. Visit the County Enterprise Foods website for more information.

### Handy Person's Adaptations Service

This provides the help and support you may need to keep safe and secure in your home with low-cost but high quality essential adaptations and small practical jobs. Visit our HPAS page for more information.

### Connect

If you have lost a loved one or your health is deteriorating, you may find that you are struggling with daily life or feeling lonely. The Connect service can help you by finding information about local services, activities and opportunities. If needed, Connect staff can work with you around money issues, housing problems, health management and other things. This short-term support will be tailored to your needs and will focus on achieving what you want in a way that suits you.

If you, or someone you know, might benefit from the advice and support of Connect, phone:

#### Bassetlaw: NCHA

website: [www.bassetlaw.gov.uk/community-and-living/community-services](http://www.bassetlaw.gov.uk/community-and-living/community-services)

telephone: 0115 844 3541

#### Ashfield, Mansfield and Newark & Sherwood: Age UK

website: [www.ageuk.org.uk/notts/our-services/health-and-wellbeing/connect/](http://www.ageuk.org.uk/notts/our-services/health-and-wellbeing/connect/)

telephone: 01623 488217

#### Broxtowe, Gedling and Rushcliffe: Metropolitan

Website [www.metropolitan.org.uk/support-services/connect](http://www.metropolitan.org.uk/support-services/connect)

telephone: 0115 939 5406

A similar service for younger adults is also available through Framework. Visit the Framework website for more information.

### Independent Financial Advice and Support

It is a good idea to get financial information and advice from an expert if you are making decisions about paying for care.

This may be, for example:

if there are a number of options available and you would like support to choose one

where there is a potential conflict between your interests and ours

when you are about to enter a legal agreement, such as a deferred payment agreement

when you want advice on specific financial products to get the most out of your assets.

Providers you might find helpful are listed on the Nottingham Help Yourself website and include:

Money Advice Service

Citizen's Advice Bureau

The Society of Later Life Advisers

Which? Elderly Care.

Alternatively you can phone us on 0300 500 80 80 where our advisers can guide you through the options.

Independent financial advisers (IFAs) can give you advice on financial matters and recommend suitable financial products but you may need to pay for their advice.

If you need more support

If after exploring these options you feel you may need more support, then you might need to have a Care and Support Assessment. This will allow you to explain the things you are finding hard to achieve and we will discuss with you how we might be able to help you.

The aim of the assessment will always be to help you regain or maintain a level of independence. We will carry out the assessment in the most proportionate way depending on your needs, this could be over the telephone or at one of our clinics.

Please contact us on 0300 500 80 80, an advisor can help you with your options and may complete a referral for a care and support assessment.

Location

District

Opening times

Arnold  
Gedling

Monday to Thursday: 8.45am - 5.15pm  
Friday: 8.45am - 4.45pm

Beeston  
Broxtowe

Monday to Friday: 8.45am - 4.30pm

Bingham  
Rushcliffe

Monday to Friday: 9am - 5pm  
Except Wednesday: 9am - 1pm

Cotgrave  
Rushcliffe

Monday - Friday: 9am - 5pm

East Leake  
Rushcliffe

Tuesday: 9am - 12.30pm

Harworth/Bircotes  
Bassetlaw

Monday: 9am - 4pm  
Wednesday and Friday: 9am - 1pm

Hucknall  
Ashfield

Monday, Tuesday and Thursday: 8.30am - 5pm  
Wednesday: 8.30am - 4pm  
Friday: 8.30am - 4.30pm

Kirkby in Ashfield

Ashfield

Monday, Tuesday and Thursday: 8.30am - 5pm

Wednesday: 8.30am - 4pm

Friday: 8.30am - 4.30pm

Mansfield

Mansfield

Monday to Thursday: 8.30am - 5pm

Friday: 8.30am - 4.30pm

Newark

Newark and Sherwood

Monday to Thursday: 8.30am - 5.15pm

Friday: 8.30am - 4.45pm

Ollerton

Newark and Sherwood

Wednesday: 10am - 3pm

Retford

Bassetlaw

Monday to Friday: 9am - 5pm

Sutton-in-Ashfield

Ashfield

Monday, Tuesday and Thursday: 8.30am - 5pm

Wednesday: 8.30am - 4pm

Friday: 8.30am - 4.30pm

Tuxford

Bassetlaw

Alternate Wednesdays: 9.30am - 11.30pm

West Bridgford

Rushcliffe

Monday to Friday: 8.30am - 5pm

First Saturday in the month: 9am - 1pm

Worksop

Bassetlaw

Monday to Friday: 9am to 5pm

**Area:** Bassetlaw

### **Contact Details**

0300 500 8080

<https://www.nottinghamshire.gov.uk/care/adult-social-care/care-and-support-in-nottinghamshire>

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