



Bassetlaw

ACTION

Centre



SPRING NEWSLETTER

APRIL 2021

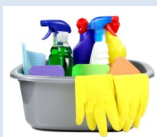
.... AS LIFE SLOWLY RETURNS TO NORMAL

Our minibus trips will be re-starting in July 2021 with an exciting number of trips available—ask us for details!



Our offices remain open to the public from 9am to 1pm Monday to Friday with an answerphone service available outside of these times.

Our home support service is continuing to operate offering domestic support services to older and vulnerable people in their own home.



If you are starting to struggle at home and need a bit of help to enable you to maintain your independence, the home support service could be for you.

Our Staying Well Course (a six week self management programme for people with long term conditions) is now being delivered through Zoom. The next course is due to start on 11th May



with another course planned to start on 5th July 2021 .



We are minimising face to face contact but are observing all covid practices to maintain your safety.



Our community car scheme is now available to help anyone unable to make their journey by public transport. Drivers and passengers must wear face coverings and cleaning of vehicles is taking place between journeys.

We continue to offer our telephone befriending services to anyone that is feeling lonely or isolated. We are also looking for more people to become telephone befrienders.



Latest News! We now have a Long Term Conditions Health and Wellbeing Coach in our organisation in partnership with Retford and Villages Primary Care Network.

Our Housing Service is operating with minimal face to face contact. If you need benefits advice, support with forms, help with a blue badge application or some information do get in touch.

Get Out Get Active (GOGA) offers support for you to stay or become more active. Being active promotes your physical and mental health. Why not use lockdown as the time to get more active?

We are looking for volunteers to support us in our work— please call us for details

