



Bassetlaw

ACTION

Centre



WINTER NEWSLETTER

NOVEMBER 2020

PUBLISHED EARLY TO SHOW WHAT LOCKDOWN MEANS FOR US

Our minibus trips have been suspended for the foreseeable future to support "stay at home and stay safe".



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



We are minimising face to face contact but have full PPE in place across all of our services to maintain your safety.

Our home support service is continuing to operate offering domiciliary and 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 November with another



course planned for 5th January 2021.



Our community car scheme is continuing to offer essential journeys only during lockdown. Drivers and passengers must wear face coverings and cleaning of vehicles is taking place between journeys.

We will continue to offer our telephone befriending services and safe and well calls to anyone that would like to chat with someone during lockdown. We also have a range of shopping services



that we can offer for anyone needing supplies. Call us for further details or to ask for some help.



Our Stroke/Neuro and Housing services are operating with minimal face to face contact. If you need benefits advice, support with forms or to access 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

