



**Winter is almost here...
Don't feel isolated or alone
when you need help**

Help Direct is your first port of call for practical support, guidance and information and is for all adults across East Lancashire, all year round.

Whether it is help with shopping, frozen pipes and needing a plumber, help to access medication or to get to the doctors, or just general support and information, Help Direct is there to assist you.

Call today to find out how Help Direct can give you practical support, guidance and information. Or just keep this number close by to call when you are in need of some help.

Help Direct

0303 333 1111

(Calls Charged at a Low Cost Rate)



Help Direct is funded by
Lancashire County Council