



Supporting Independence Programme

Helping you achieve a better quality of life

Have you noticed any recent changes in your health, or needed to make changes to your lifestyle?

Are you struggling to manage a health condition or your general wellbeing?

Do you sometimes lack motivation, feel lonely or isolated?

If you are over 18 and answered 'yes' to any of the questions above, we may be able to help.

- Call us on **0300 126 3000 (North)**,
- **0300 126 7000 (West)** from
8AM – 6PM Mon - Fri
- Or complete an online form at:



www.northamptonshire.gov.uk/sip

Mobility and Falls Prevention General Health Nutrition Mental Health
Sensory Support Social Support Cognitive Support Long COVID Support