



Bassetlaw



Centre



AUTUMN NEWSLETTER

SEPTEMBER 2020

Welcome to our Autumn Newsletter

OPEN

During the shutdown the Bassetlaw Action Centre ceased all face to face contact with clients. We are delighted to announce that we will re-open our offices on Monday 5th October between 9am and 1pm Monday to Friday. Visitors will be required to wear a face covering and adhere to social distancing measures.



We are continuing to work on limited capacity with only limited face to face appointments being available. The minibus trips are still suspended, the Staying Well programme is being delivered virtually and Befriending is still telephone based.

We have re-started journeys with the car scheme, the home support service has restarted and the Stroke/Neuro Service and Housing Support Service are mainly telephone based with some face to face visits when necessary. GOGA is supporting clients; particularly with the new walking tennis group and where one to one support is necessary.



Our website: www.bassetlawactioncentre.org.uk
Facebook: Bassetlaw Action Centre
Twitter: @BassetlawBAC

Help for Vulnerable Clients

If you are struggling to cope either as a result of the Covid restrictions, with your finances, with getting things done at home, or just feel a bit lonely and need someone to talk to, please don't hesitate to give us a call.



Recognising that you need a bit of support is a strength not a weakness and getting a bit of help now might enable you to maintain your independence for longer.



We have a range of support measures available to you through our own services and those of our partners.

Volunteering Opportunities

Do you have a child in school and some spare time between school times? Or are you retired or semi-retired and want to help people in your local community?

We are looking for Volunteer Drivers, Volunteer Befrienders, Volunteers to help with shopping or supporting people to become more active.

All out of pocket expenses are paid at 45p per mile.



If you are interested in joining our volunteering team, do get in touch. You will need to undergo a DBS check (at no cost to you) and we will provide full PPE to minimise your risk during the Coronavirus pandemic. You can give as little or as much time as you wish.

Staying Well in Bassetlaw

Do you suffer from Anxiety, Depression, Arthritis, COPD or any other long term condition?

To ensure we maintain social distancing requirements we are no longer offering face to face group sessions. Instead, we are holding "virtual" Staying Well Programmes.



These courses are for two and a half hours per week for six weeks.

To book your place please call Bassetlaw Action Centre today on 01777 709650

PLEASE NOTE OUR OFFICES REMAIN CLOSED UNTIL MONDAY 5TH OCTOBER 2020
ALL VISITORS ARE REQUIRED TO WEAR A FACE COVERING, OBSERVE SOCIAL DISTANCING AND USE THE HAND SANITISING STATIONS PROVIDED
CURRENTLY OUR SERVICES CAN BE ACCESSED BY TELEPHONE ON 01777 709650 BETWEEN 9AM AND 1PM DAILY (ANSWER MACHINE OUTSIDE OF THESE HOURS)