



HARTLEPOOL
BOROUGH COUNCIL

HARTLEPOOL SUPPORT HUB

If you're older, isolated or vulnerable, we're still here to help you stay safe, stay well and stay connected

The Hartlepool Support Hub offers:

- Lots of information to help you stay safe and well
- Support to help you meet new people and discover activities across the town
- Advice to help you enjoy a healthier lifestyle, such as stopping smoking, exercising more and getting out and exploring Hartlepool's open spaces and facilities

The Support Hub is also on hand to support vulnerable people should they need to self-isolate again in the event of a local Coronavirus outbreak

You can contact the Support Hub by:

 **01429 272905** (10am-4pm Mondays to Fridays)

 **helping@hartlepool.gov.uk**
(Please provide your contact details and we'll get back to you)

There's also lots of information at www.hartlepoolnow.co.uk

 **Also available as an App**



If you would like to volunteer to support your local community, you can contact us using the same details (call **01429 272905** or e-mail **helping@hartlepool.gov.uk**) and we'll let you know what you can do to help