


“Ellen’s Story
When my
partner died,
I felt lost”

“Now I’m able to
reconnect
and get my life
back on
track”



 read more client stories
on our website...

Sometimes we all need a little bit of help

It’s ok to ask

PREVENTION MATTERS is a **FREE** and friendly service linking eligible adults to community activities to support and help you stay independent.

 admin@preventionmatters.org.uk  [@PrevMatters](https://twitter.com/PrevMatters)

 careadvicebuckinghamshire.org/preventionmatters



What is Prevention Matters?

PREVENTION MATTERS is a **FREE** service that helps you maintain your independence. We can help you:

- Find ways to avoid loneliness
- Improve your health
- Regain lost confidence
- Access a range of support in your community

Who is eligible for Prevention Matters?

If you are over 18, not in receipt of regular personal care* but need a little bit of help to stay independent you may be eligible for Prevention Matters.

How do we do this?

A Community Practice Worker will work with you to identify your needs and interests. They will then support you to access appropriate local services in your community and follow up with you to see how you are getting on.

Contact us on a local rate phone number 0300 666 0159, or search Prevention Matters to fill out our online form and to request our service.

* Personal care means having help with dressing, feeding, washing and toileting on a regular basis. Please call if you are unsure whether you would be eligible.