



# We're here to help people across Nottinghamshire live independently

Are you worried about you or a family member living alone?

Have you just been discharged from hospital?

Do you wonder what would happen if you had a fall, or needed help and you had no way of alerting someone?

We are here to provide reassurance to anyone feeling like this. Our personal alarm monitoring and local response service is available 24 hours a day, 365 days a year, and is able to support you in your home or if you are out and about.

Just press the button on your care or mobile alarm, and we are at the end of the line to help.

If your family or friends can't get to you, we have a dedicated team just down the road in Nottingham, who can come out to you if you have a non-medical emergency, or we can alert an ambulance if you need urgent medical assistance.

**LOCAL. REASSURING. RELIABLE.**



 0115 746 9010  [ask@nottinghamoncall.org.uk](mailto:ask@nottinghamoncall.org.uk)

 [www.nottinghamoncall.com](http://www.nottinghamoncall.com)

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