

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 Monday - Friday 9am-5pm on:

0300 126 3000 - North Northants

0300 126 7000 - West Northants

or complete an online referral form:

www.northamptonshire.gov.uk/sip



Walk and Talk | General Health | Nutrition | Mental Health | Sensory Support
Social Support | Cognitive Support | Long COVID Support



**Public Health
Northamptonshire**



**North
Northamptonshire
Council**



**West
Northamptonshire
Council**