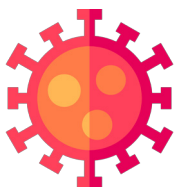


# MAIN

## KEEPING TEESSIDE CONNECTED



We are supporting you during the Coronavirus pandemic.



We will help you to stay safe, healthy, not feel isolated and to understand the restrictions and what they mean for you.



Keeping Teesside Connected is a free, confidential service available to adults, children and families affected by disability, autism and mental health available in Middlesbrough, Redcar & Cleveland and Stockton on Tees.

We can offer telephone, texting and email support from 9am-5pm (Monday to Friday) and we can arrange to have regular check-ins.

We can also offer support in-person to those in need.



01642 989664



[ktc@iammain.org.uk](mailto:ktc@iammain.org.uk)

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# MAIN

## KEEPING TEESSIDE CONNECTED

This service will support adults, children and families affected by disability, autism and mental health in Middlesbrough, Redcar & Cleveland and Stockton on Tees.

### We can offer support:

- By telephone, text and email, weekdays 9am - 5pm
- Understanding the COVID-19 guidance and restrictions and what they mean for you
- In accessing activities such as social clubs and other community based facilities
- With independent travel training, support while shopping, and practicing social distancing
- By offering advice and guidance, and signposting to other services available in you area

**IF YOU OR SOMEONE YOU KNOW WOULD BENEFIT FROM THIS SERVICE, PLEASE CONTACT US OR GIVE THEM THIS FLYER.**



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