



Hope is a free service for people living in the Dundee area. HOPE can support adults over the age of 16 who have feelings of loneliness and social isolation, along with levels of frailty which may be due to age, ill - health or a diagnosed condition. The service is open to people who own their own homes as well as those who rent.

## What do we do?

For some people, accessing the help they need can be difficult, especially if they don't know what help is available, or where to find it.

The Community Engagement Workers will use their knowledge and experience of local facilities, services and agencies to provide support, advice, and signposting specific to your needs.

We also make referrals for support and services to help you keep safe, well, active, and independent. Some examples of these referrals are;

- Social Activities - attending groups in your local area
- Befriending
- Housing Options - help you look at other housing options if you feel you need to move
- Arrange welfare/benefit checks to maximise your income
- Occupational Therapy for Aids & Adaptations
- Meals service and shopping delivery options
- Blue Badge application assistance
- Morning call services
- Home Fire Safety visits

## Get in touch

If you think the Hope project might be able to help you, we'd love to hear from you. You can reach us using the following details:

- Email: [hope@hillcrest.org.uk](mailto:hope@hillcrest.org.uk)
  - Mobile: 07452 916337
- Email: [hope@caledoniaha.co.uk](mailto:hope@caledoniaha.co.uk)
  - Mobile: 07710 709853

## Thanks To Hope...

"I'm now in receipt of Attendance Allowance, an extra £82.30 per week! I'm delighted as I wasn't even aware I was eligible."

"I had my Medical priority reassessed, my priority was changed to high. I now live in a sheltered house."

"I no longer need to move home, as a level access shower is now being installed"

"Thank you for the information on the activities I can attend I never knew Dundee had so much to offer"

The Hope Project has come together through a partnership between the following organisations - Dundee

