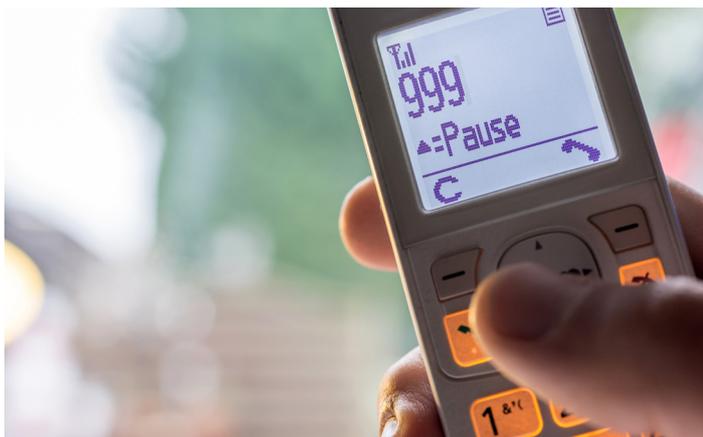


Adult social care – information and advice



Adult Safeguarding Team

If you are concerned about a vulnerable adult and they are in immediate danger you should phone 999 and ask for the police.



If you are worried about their safety or that they might be being abused in some way, you should contact the Adult Safeguarding Team at Bradford Council.



You can phone them on 01274 431077 or report it at www.saferbradford.co.uk



Important: If you are making social service enquiries for someone else you must get their consent before sharing their personal information.

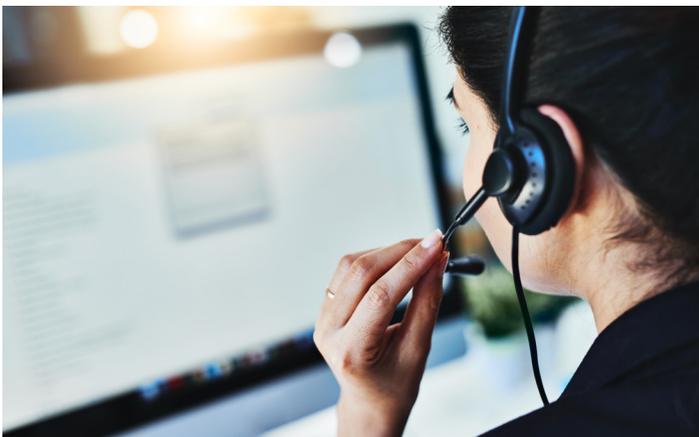
Bradford council – Adult Social Services



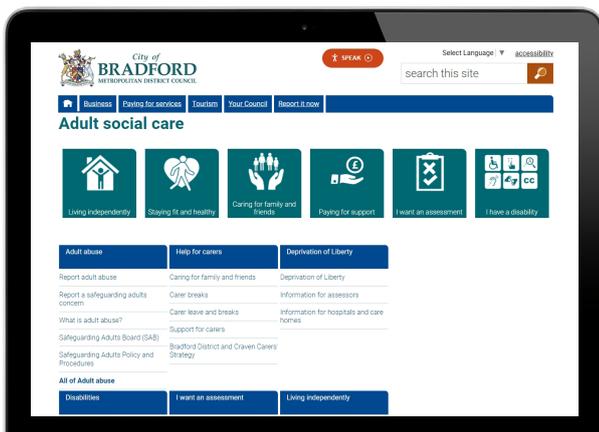
The Independence Advice Hub for Adult Social Care is about supporting adults of all ages, disabilities and backgrounds to live happy and fulfilling lives.



There are things you can do to stay healthy, independent and safe whatever your age or ability.



Small changes can make a big difference.
You can contact our advisors by calling 01274 435400.



You can also go to our website www.bradford.gov.uk/adult-social-care.

Connect to Support Directories



To search for free or low-cost groups and activities, please use our [Community Directory](#).



To search for care providers that support people in the Bradford District, please use our [Social Care Directory](#).

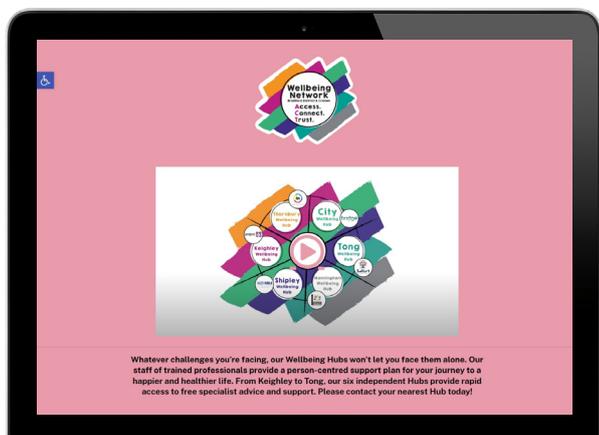
The Wellbeing Network – Bradford District



Whatever challenges you are facing, we are here to help.

We help people on their journey to a happier and healthier life. This includes support for:

- Mental well-being
- Welfare benefits advice such as housing, debt and food poverty
- Domestic abuse
- Your physical health
- Substance use issues



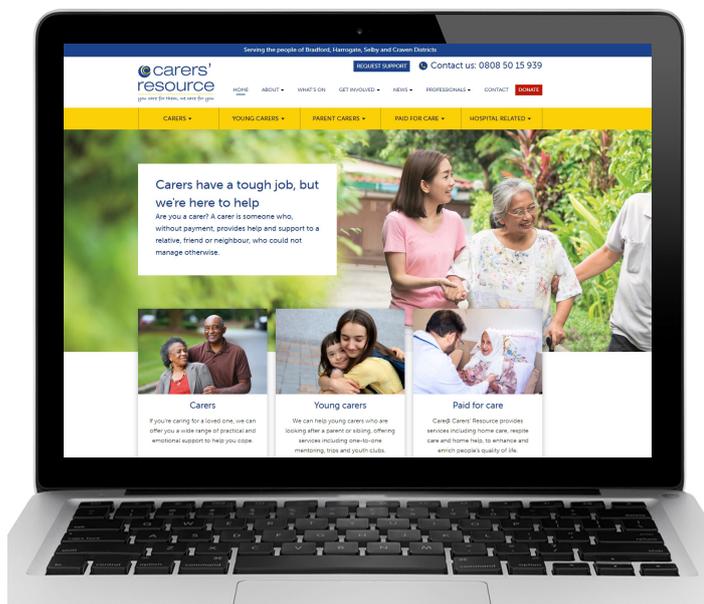
Contact our Locality Hubs at www.wellbeingnetwork.org.uk or Wellbeing Network FYI.

Bradford Carer's Resource



Carers can have a tough job but we are here to help you.

A carer is someone who gives help and support to a friend, relative or neighbour for free, who could not manage otherwise.



If you are a carer we can help you.

Get in touch with us on 0808 501

5939 or go to our website

www.carersresource.org