



## Safe and Well Visits/Free Smoke Alarms

Our free 'Safe and Well' visits are carried out by our firefighters and have helped to protect thousands of people in the West Midlands from the risk of fire in their home.

## How to arrange a Safe and Well visit

To find out if we can offer you or someone you know a Safe and Well visit, please call us for free on <u>0800 389 5525.</u>

Visits will be made on an appointment-only basis, at a time convenient for you, and usually take no more than an hour.

Our firefighters will check your home to make sure there are no immediate fire hazards, give you fire safety advice and fit free smoke alarms if needed. With your consent, they'll also cover a range of other issues and topics:

- weight, exercise and healthy eating
- mobility and falls
- mental health, memory loss and dementia
- Ioneliness and social isolation
- smoking, alcohol, medication and drugs
- hoarding
- employment
- road safety
- home security

Our staff will usually be wearing uniforms and will be carrying photo ID cards.

Always ask to see their identification before you let them in. If in doubt, call us on 0800 389 5525.