



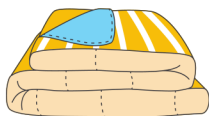
I want a fire safety check

Call Avon Fire & Rescue on **0117 926 2061**
cfs.refer@avonfire.gov.uk

A check is free if you are over 65 or have certain health conditions

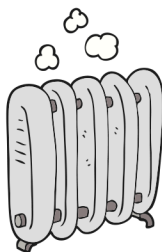
My electric blanket hasn't been tested for 3+ years

You can contact the shop you bought it from to ask about testing



Or call Bristol Trading Standards to find out about free testing days: **0117 922 3604**
trading.standards@bristol.gov.uk

I'm worried about heating my home this winter



Call the Warmer Homes Advice & Money project on **0800 082 2234**
jenna.willcox@cse.org.uk

Search 'keeping warm' on **www.nhs.uk** for health advice

Created by the Age-Friendly Information & Communication Action Group at Age UK Bristol. Contact us for more copies.

This is an **easy-read** guide

Want help, but don't know where to find it?

SUPPORT HUB

for older people

Free support and services for people over 55 in Bristol

If the help you need is not mentioned in this leaflet, please call the Age UK Bristol helpline on **0117 929 7537**
(10 am - 4 pm Monday to Friday)

Home repairs or adaptations

We Care Home Improvements offer:

A Trading Standards-approved handyperson service for small jobs

A free assessment for larger access changes

0300 323 0700
info@wecr.org.uk



Learn how to use the internet

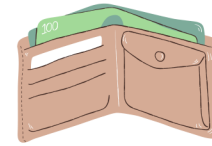


Call AbilityNet on **0800 048 7642** if you are a complete beginner

Call Age UK Bristol on **0117 929 7537** to find out about local classes

learnmyway.com has simple short courses

Advice on money or benefits



Call Age UK Bristol: **0117 928 1539**
advice@ageukbristol.org.uk

They can help with things including benefits and allowances, completing forms, debts, and writing a will

Transport to medical appointments



Contact the Red Cross: **01235 552 665**

ILCRSouthCIAdmin@redcross.org.uk

Emotional support



If you are feeling low or anxious, contact the Age UK Bristol helpline and ask about free talking therapy for people over 55

0117 929 7537
admin@ageukbristol.org.uk

Assessment for social care



If you have been finding daily tasks such as washing, dressing and cooking difficult, contact the Council for an assessment for care at home

Call Care Direct on **0117 922 2700**

Or fill in a form at **bit.ly/3bRSAKD**

You can do this yourself or on behalf of someone you care for

Social groups and activities



Call Age UK Bristol on **0117 929 7537** to find out about activities in Bristol as well as telephone and virtual groups

Join Bristol Older People's Forum to attend forum meetings and receive a free newsletter

0117 927 9222
bopfadmin@ageukbristol.org.uk