

## Useful organisations

### Age UK Southampton

- Tel: 023 8036 8636
- Email: [info@ageuksouthampton.org.uk](mailto:info@ageuksouthampton.org.uk)

### SPECTRUM Independent Living Centre

- A local charity offering free, impartial, professional advice on aids and equipment which you can also try out at their premises. Tel: 023 8033 0982

### Citizens Advice Southampton

- Tel: 0808 27 87 863

### Southampton City Council general enquiries

- Tel: 023 8083 3000
- Emergency out of hours tel: 023 8023 3344
- Email: [AdviceandContact@wiltshire.gov.uk](mailto:AdviceandContact@wiltshire.gov.uk)



## Little book of useful information

Local services and schemes to help you to save money and stay independent

Age UK Southampton offers:

- Free impartial information and advice on a range of issues including housing, care support and benefits
- A welcoming regular Day Centre plus information on other social activities, clubs & groups

**Tel: 023 8036 8636**

[www.ageuksouthampton.org.uk](http://www.ageuksouthampton.org.uk) 023 8036 8636

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## Free support to help you remain independent

### Care Needs Assessment - Local Authority

This usually involves an occupational therapist visiting you at home to discuss your needs. As a result of the assessment, the local authority can provide:

- a report of what the needs are (this can help you make decisions about care and support)
- up to £1,000 of free aids, equipment and minor adaptations, regardless of finances. This could include items like grab rails, ramps, bath seats. A 'Disabled Facilities Grant' may be available for larger adaptations.
- Means-tested funding towards a care package (usually an individual must have less than £23,250 in capital)

Tel: 023 8083 3003 (Southampton City Council Adult Social Care)

### Safe and Well visits

Free home visits by Hampshire and Isle of Wight fire service to check and install necessary smoke alarms and give advice on escape plans and home safety.

Tel: 023 8064 4000 Web: [www.hantsfire.gov.uk](http://www.hantsfire.gov.uk)

## Planning ahead

### Power of Attorney and Wills

A Power of Attorney is a way of giving someone you trust the legal authority to make decisions for you, if you can't make them yourself – or if you don't want to. You can only create one if you have mental capacity to do so and you haven't been put under any pressure. You can get information and forms from Office of the Public Guardian. Tel 0300 456 0300 [www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney).

A will can help ensure your wishes for your estate are carried out. For example, that your money, property, possessions and investments go to the people and causes you care about. You may be able to write a lower-cost will through a reputable charity scheme. Seek legal advice from a specialist solicitor if unsure.

### Priority Service Registers

Free to join and offer a range of free services and support, including help during a power cut. Tel: 0800 294 3259 (Scottish & Southern power distributors in Southampton). Also contact your own domestic utility companies to register for theirs.

## Saving you money

### One-off grants for individuals

Age UK Southampton can help eligible clients apply for grants in the region of up to £300 to help with household essentials, unexpected bills, heating costs. You must be on a low income and unable to afford the expense. Grants cannot be paid retrospectively. Turn2Us ([www.turn2us.org.uk](http://www.turn2us.org.uk)) has a database of grants.

### The Environment Centre

A local charity that specialise in energy efficiency advice. They can give you tips on how to save energy and reduce your bills, advice about approved installers and information about any grants or schemes available in your area.

Tel: 0800 804 8601

Web: <https://environmentcentre.com/>



## Free support to help you remain independent

### Support for Carers

Local charities for carers offering: events and support groups, carer's emergency card:

Unpaid Carer's Support Southampton- Tel: 023 80 832253

Web: [www.unpaidcarerssupport.org.uk/](http://www.unpaidcarerssupport.org.uk/)

Request a Carer's Assessment from your local authority or the above organisation if your caring role is having a significant impact on your wellbeing. As a result of the assessment you could receive: help with your caring role, respite care, aids. The local authority may help fund some of this.

### Bobby Scheme

Working with the Fire Service and Police they provide free home security visits for people age 60+ or vulnerable people. They can also fit a variety of security devices and key safes.

Tel: 0300 777 0157 Web: [www.bluelamptrust.org.uk](http://www.bluelamptrust.org.uk)

## Saving you money

### Income maximisation check

Age UK Southampton offer a free check to ensure you are maximising your entitlement to benefits and other financial help; we can even help you apply. If you have health problems or are a carer there may be extra non-means-tested money available.

### Council Tax Discount (non means-tested)

You may qualify for a discount from your local council depending on your household. For example, if you are a carer (who is caring for someone other than your spouse); or if you have made significant adaptations to your home due to disability; or if someone has a cognitive or memory impairment.

Tel: 023 8083 3009 (Southampton City Council)




## Saving you money

### Southern Water discount

Offer a ~20% discount if you receive Pension Credit, or everyone in your household receives only State Pension. If your household income is less than £21,000 you may also qualify for a discount of 20-90% off your bills  
Tel: 0800 027 0363

### NHS low income scheme

If you have less than £16,000 in savings and are on a low income, or  if you receive certain means-tested benefits, then you could qualify for help with NHS help with health costs such as glasses, dentists, hospital travel costs. Tel: 0300 330 1343.

### Warm Home Discount

If you receive a means-tested benefit such as Pension Credit or Housing Benefit, then you could get £150 credit to help with your fuel bills. Schemes are open around August - February annually.