WHERE TO TURN IF YOU NEED SUPPORT

Age UK
They give advice for over 50s. This includes benefit checks and support if you feel lonely. They can also offer help finding local services to support living at home.
South Gloucestershire – 01454 411707
Wiltshire – 0808 196 2424

Citizen Advice
They give advice to help people solve problems. For example, if you're struggling with money, have issues with a company, or need help with benefits. Anyone can use Citizen Advice, and it is free.
South Gloucestershire – 0808 278 7947
Wiltshire – 0808 278 7995

Care Needs Assessment by your local council
A care needs assessment works out what help or support you need with your care, and how you might get it.
South Gloucestershire – 01454 868007
Wiltshire – 0300 456 0111

Carer support
A carer supports someone who would not manage without your help. If you are a carer there are support services that can help. You can call them on the below numbers.
Carer Support South Gloucestershire – 0117 965 2200
Carers Together Wiltshire – 01380 710300

Care Coordinators at Three Shires Medical Practice
Care coordinators work to find and support patients in need of help. This includes if you have long term health problems, frailty, or care for someone. They give advice and connect you with health and care services. Please speak to a member of the team for more details.

Here are some of the services the care coordinators can connect you with:

- Social prescribing is talking to someone who is not a doctor or a nurse about problems that are affecting your daily life. Problems that may be affecting your daily life could be money, housing and loneliness.
A social prescriber is a person who listens to what is important to you. They can put you in contact with the right support. This can be different groups or services. It is free.
- Occupational Therapy supports people who may sta rt to struggle with day to day living. Your occupational therapist will work with you to find practical solutions. This can help you keep or improve your independence.