

Cold Home Support

Cold homes are not good for your health. Problems linked to cold homes range from high blood pressure and common colds to heart attacks and pneumonia. Besides poor health, cold-related illnesses cause absence from work, social isolation, and sleep deprivation.

Warm and Well

It is important you live in a warm and safe home. Warm and well can help with energy advice, and how you can reduce your energy bill. They may be able to come to your home.

0800 500 3076

<https://warmandwell.co.uk/>

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.

0808 278 7947

<https://www.southgloscab.org.uk/>

Age UK

They give advice to over 50s. This includes benefit checks and support if you feel lonely. They can also offer help with finding local services to support living at home.

01454 411707

<https://www.ageuk.org.uk/southgloucestershire/>

South Gloucestershire Council

The council may be able to help with emergency, long term grants or other support if you are struggling with financial pressures. Help may be available whether you are in receipt of benefits or not.

01454 868009

<https://beta.southglos.gov.uk/>

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.

01454 868007

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 number below.

0117 965 2200

Social Prescribing

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
- 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.

0117 403 4238

<https://southernbrooks.org.uk/social-prescribing-self-referral-form/>

The Silver Line

They are open 24 hours a day, 7 days per week. We need connection whatever our age – especially if we live alone or further away from family. Age UK's Silver Line Helpline gives anyone aged 55 or over the opportunity to exchange a friendly word, access support, or enjoy a long enriching conversation.

0800 470 80 90

Finally

We hope you have found this information helpful. Please reach out to your GP practice if you are really struggling.

