

**First Contact** helps people who are over 60 years old access a range of information to live independently at home and be more mobile. To find out more about the support on offer, please tick the box for any advice you require, and return using the FREEPOST address.

### **Security and fire safety**

- Home security check
- Home security check from Avon and Somerset Police or the Handy Van
- Home fire safety advice from Avon Fire and Rescue Service

### **Income and finance**

- Advice on a money problem
- Benefits advice
- Community care, family or consumer law advice
- Advice about scams and rogue trading

### **Your home**

- Adaptations in your home
- Housing repairs (if you own your home)
- Housing advice
- Home adaptations to make life easier from WE Care and Repair service
- Information about the Handy Van service
- Information on energy saving in the home
- Western Power Distribution - Advice and support for people who could be vulnerable in a power cut
- GDA - Assistive equipment for your home
- Wessex Resolutions - Financial assistance for home repairs.



Freepost Plus RTCT-JXLE-EETT  
South Gloucestershire Council  
First Contact - CAH Business Support KCC  
Civic Centre  
High Street  
Kingswood  
BRISTOL  
BS15 9TR

## Health and wellbeing

- Information and support for anyone affected by dementia
- Practical and emotional advice and support to people who are blind or partially sighted and their friends and family
- Advice and information on preventing a fall
- Information on how to manage your mental health and how to access local support
- Support and services for people with sensory needs \*
- Keep safe, fit and well, reduce accidents in your home
- Stop smoking advice
- Carers assessments and other services provided by the Carers Support Centre
- User friendly information resource for everyone in South Gloucestershire.
- British Red Cross Home from Hospital Support at Home Service
- British Red Cross Mobility Aids

## Activities

- Community transport service \*
- Age UK befriending service
- Age UK toenail cutting \*
- Friendship and Exercise Clubs
- Keeping active
- Volunteering opportunities
- Meeting and speaking to more people
- Library books, activities and information, including books delivered to your home

\* *These services are chargeable.*

For further information on any of these services, please telephone **01454 866271** email **firstcontact@southglos.gov.uk** or fill in your details below, seal along the gummed edge and return by post. If you prefer, place in an envelope and use the Freepost address shown overleaf.

Title  Full name

Date of birth  Male  Female  Tel number

Address   
  
  
  
  
  
  
  
  
  
Postcode

If you would prefer for someone else to be contacted for you, please provide their name and details

By completing this form I agree to referrals being made to any partner agencies involved with the First Contact scheme and agree to you keeping my details on your database and passing on any relevant referrals to those partner agencies.

Signature

Organisation making the referral   
Email