

**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 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 grants to keep your home warm and reduce your fuel bills
- Western Power Distribution – Advice and support for people who could be vulnerable in a power cut
- GDA - Assistive equipment for your home
- Wessex Resolutions CIC – Homeowner loans for home repairs or adaptations
- Arrange a visit to the Council's home adaptations centre in Yate



Freepost Plus RTXL-YHGY-GSYS  
South Gloucestershire Council  
First Contact – CAH Business Support KCC  
Council Offices  
Badminton Road  
Yate  
Bristol  
BS37 5AF

## 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
- Signposting to health and wellbeing services, groups and activities
- British Red Cross – First Call: Support at Home
- Community Nursing Services and Health Visiting
- Intensive support service, for people in their own homes, for up to six weeks

## Activities

- Community transport service \*
- Age UK nail cutting \*
- Keeping active
- Library books, activities and information, including books delivered to your home
- Wellbeing College
- Green Community Travel \*

## Making Connections

- Shopmobility (South Glos) – Services to reduce isolation, improve independence and access, for physically disabled people
- Age UK befriending service
- Friendship and Exercise Clubs \*
- Volunteering opportunities
- Meeting and speaking to more people
- Churches – Sunday worship, activities throughout the week and social groups

\* *These services are chargeable.*

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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

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

Postcode

By completing this form, I agree to my contact details being shared with the relevant partner agencies involved with the First Contact scheme, as indicated by the tick boxes I have completed and agree to you keeping my details on your database for further relevant referrals to those partner agencies, until I advise otherwise (for more information about how we look after your personal information, please visit **www.southglos.gov.uk/privacy**).

Signature

Organisation making the referral   
Email