

ACTIVITY	DESCRIPTION	TELEPHONE	EMAIL	WEBSITE
Age UK South Gloucestershire	Free, confidential information and advice for older people, their families and carers. Referrals made to own services and information provided on local activities and services provided by others. Specialist benefits team.	01454 411 707	info@ageuksouthglos.org.uk	www.ageuk.org.uk/southgloucestershire
Alive	Connecting older people to their communities. Meaningful activities for older people in care and community settings.	0117 377 4756	info@aliveactivities.org	www.aliveactivities.org
Brigstowe	Provides advice, support (including peer support) for those living with HIV and type 2 Diabetes.	0117 955 5038	info@brigstowe.org	www.brigstowe.org
Bristol After Stroke	Independent local charity helping people rebuild their lives after stroke. Unique combination of social, emotional and psychological support to stroke affected people and their carers and loved ones.	0117 964 7657	office@bristolafterstroke.org.uk	www.bristolafterstroke.org.uk
Bristol and Avon Chinese Women's Group	Support to members of the Chinese community across the whole of South West region. Information and advice, workshops and events, community engagement initiatives.	0117 935 1462	admin.bacwg@btconnect.com	www.bacwg.org.uk
Carers Support Centre	Charity providing support, information and advice to carers living in Bristol and South Gloucestershire area. Services include a confidential telephone advice line, Carers Emergency Card, one-to-one support, carers' groups, breaks and training.	0117 965 2200		https://www.carerssupportcentre.org.uk/
Dhek Bhal	Gentle exercise, health and wellbeing workshops, complimentary therapies, walks in local parks, excursions and coach trips to places of interest, opportunity to sit, converse and play games together.	0117 914 6671	dhekbhal@yahoo.co.uk	www.dhekbhal.org.uk
Independent Age	Offering regular, friendly contact and a strong campaigning voice, Independent Age can provide you and your family with clear, free and impartial advice on issues that matter: care and support, money and benefits, health and mobility. Phone meetings providing support and advice.	0800 319 6789	advice@independentage.org	www.independentage.org
Lyde Green Community Association	Exercise classes	0117 957 0410	info@lydegreenca.org	www.lydegreenca.org
Macular Society	Macular Support Groups for anyone affected by a macular condition to help everyone to live life to the full with low vision. Advice and information line, open Monday-Friday from 9am-5pm.	0300 3030 111	judy.pride@macularsociety.org	www.macularsociety.org
North Bristol Advice Centre	Free and independent welfare benefits and debt advice and digital inclusion services. Includes a Home Visiting advice service for over 50s to maximise income, help with form filling and signposting to services.	0117 951 5751	team@northbristoladvice.org.uk	www.northbristoladvice.org.uk
Playlist for Life	Music and dementia charity. We want everyone with dementia to have a unique, personal playlist and everyone who loves or cares for them to know how to use it. Free online resources, leaflets and webinars. Network of local Help Points.	0141 404 0683	info@playlistforlife.org.uk	www.playlistforlife.org.uk

Sight Support West of England	Provides comprehensive emotional and practical support to people living with sight loss and visual impairment, including information, advice and guidance, resources, social groups, fitness and sports opportunities.	0117 322 4885	info@sightsupportwest.org.uk	www.sightsupportwest.org.uk
Somerset Avon Rape and Sexual Abuse Support	Specialist support service for people affected by rape or sexual abuse at any time in their life. Helpline, e-support, counselling, 1:1 support and group work.	0808 801 0456	info@sarsas.org.uk	www.sarsas.org.uk
South Gloucestershire Libraries	Library membership is free. Free use of computers and the internet plus Wi-Fi. Computer using and basic online skills courses.	01454 868 006	libraries@southglos.gov.uk	www.southglos.gov.uk/libraries
South Gloucestershire Over 50's Forum	Voice for people over 50. Meetings across South Glos, with speakers on topics to inform and answer issues to ensure people can enhance their quality of life. Quarterly newsletter.	07967 102141	southgloover50s@gmail.com	www.southgloover50sforum.org.uk
Southern Brooks Wellbeing Service	Helping people to make small changes to improve their wellbeing. Free workshops. 30mn wellbeing plan phone call. Signposting.	01454 868 5837	wellbeing@southernbrooks.org.uk	www.southernbrooks.org.uk/wellbeing
The Park Centre Kingswood	Various clubs and activities, including a 50+ club.	01454 862 190	enquiries@theparkcentre.kingswood.co.uk	https://parkcentrekingswood.co.uk/
We Care Home Improvements	Support for everyone over 60 and people who have a disability. We Care Home Improvements is here to help you live comfortably and independently in your home.	0300 323 0700	info@wecr.org.uk	www.wecr.org.uk
Better Housing Better Health	Fuel poverty support. Free, confidential, and tailored solutions to meet a home's specific circumstances including switching energy suppliers, maximising income, signing up to the Priority Services Register, and accessing funding to help support them.	0800 107 0044	bhbh@nef.org.uk	www.bhbh.org.uk/
Young Dementia Network	Online community of people living with young onset dementia and their family and friends. Resources, information, webinars and research studies.		info@youngdementianetwork.org	https://youngdementianetwork.org/
Mind Relief 365	Online therapy at affordable prices to prevent and slow the progression of memory decline, individually tailored for all forms and levels of dementia	0117 441 4990	info@mindrelief365.com	www.mindrelief365.com
YODA hub	Young Onset dementia activities and advice for people under 65 with a diagnosis of dementia, carers, supporters, friends and professionals. Meeting in Yate Shopping Centre, Tesco Extra Community Room, 2nd and 4th Thursday of the month.		office@bdaa.org.uk	

Deaf Dementia Club	Deaf Dementia Club is a monthly peer support group in Clifton for deaf people with dementia and their carers. Sessions on Monday at Pavey House, Waterloo Street, Clifton, Bristol, BS8 4BT.	0117 939 8653	office@dfd.org.uk	www.dfd.org.uk/event-calendar/
Severn Wye	Energy advice. We help those in fuel poverty and people dealing with energy issues.	0800 170 1432	communityadvice@severnwye.org.uk	www.severnwye.org.uk/
POhWER	Provides advocacy services that help people who need to get their voices heard.	0300 456 2370	pohwer@pohwer.net	www.pohwer.net
iSupport	Online training and support programme for dementia carers and young carers to help them provide good care and take care of themselves. It aims to reduce stress and improve knowledge and the quality of life of people caring for a person living with dementia.			www.isupportdementiacarers.co.uk/