

NAME	DESCRIPTION	LINK/ WEBSITE
Map with age friendly physical activity sessions in South Glos	Locations of Physical Activity, Sport and Movement groups/sessions in South Gloucestershire	FBiSG Activity - Google My Maps
Befriending and reconnect	Telephone, home visit and online befriending service.	befriending@ageuksouthglos.org.uk Tel: 01454 411 70 72 www.ageuk.org.uk/southgloucestershire/our-services/befriending/
Silverline	Mental Health free confidential helpline for people aged 50+. Operates 24/7.	tel: 0800 470 80 90
Avon & Somerset police Herbert scheme	Encouraging carers, family and friends to provide useful information which can be used in the event of vulnerable person going missing. Wearable wristband, handtag and lanyard are available free of charge.	www.avonandsomerset.police.uk/apply/dementia-safeguarding-scheme-herbert-protocol/
Autumn Years Community Centre	Respite centres in Lawrence Weston, Stoke Gifford, Yate and Thornbury	www.autumnyearscommunitycare.com/respice-centres/ Tel: 07741 977 122
Next Step	Next step offers valuable information and support while waiting for an assessment or diagnosis.	www.nextsteps.org.uk/
WECIL	Our team of Navigators can signpost and give you support to access the right services for you. We understand that knowing where or how to begin accessing support can be confusing. Our experienced team is here specifically to help you navigate and understand how WECIL or other organisations may be able to help you.	www.wecil.org.uk/our-community/navigators/