



External Resources

The following list provides a source of external organisations which may be able to help. They can provide a range of local information, advice and community support to enable you to stay as independent as possible for as long as possible.

Health and wellbeing

Wellaware

Information on health and wellbeing services, support organisations, activities and groups in Bristol, South Gloucestershire, Bath & North East Somerset, North Somerset and Somerset.

Tel: 0808 808 5252

Web: www.wellaware.org.uk

Carers' organisations

Carers' Trust – Carers Support Centre Bristol and South Gloucestershire

Provides a confidential carers' support line, a team of carer support officers, and a variety of workshops, training and events.

Tel: Carersline 0117 965 2200

Fax: 0117 965 5847

Email: info@carerssupportcentre.org.uk

Web: www.carerssupportcentre.org.uk

Bristol Black Carers

Regular support group meetings, organised trips and activities to give carers a break, support, information and advice can be provided.

Tel: 0117 3144664/6/7 (operates Monday to Friday 9: 30am to 4: 30pm)

Email: admin@bristolblackcarers.org.uk

Web: www.bristolblackcarers.co.uk



For more information contact Care Direct on 0117 922 2700
or visit www.bristol.gov.uk/careandsupport



Bristol Young Carers

A project helping to meet the needs of young people who are caring for an adult.

Tel: Carersline 0117 965 2200

Email: mail@bristolyoungcarers.org.uk

Web: www.bristolyoungcarers.co.uk

Advice centres - including advice on money matters and benefits

Citizen's Advice Bureau

Tel: 0844 499 4718

Web: www.bristolcab.org.uk

East Bristol Advice Centre

Tel: 0117 9655133

Email: info@eastbristoladvice.org.uk

Web: www.eastbristoladvice.org.uk

North Bristol Advice Centre

Tel: 0117 951 5751

Email: team@northbristoladvice.org.uk

Web: www.northbristoladvice.org.uk

St Paul's Advice Centre

Tel: 0117 955 2981

Email: enquiry@stpaulsAdvice.org.uk

Web: www.stpaulsAdvice.org.uk

South Bristol Advice Services

Tel: 0117 985 1122

Email: admin@southbristoladvice.org.uk

Web: www.withywoodcentre.co.uk/Centre-Hire-and-Community-

Other organisations

Age UK Bristol

Advice, information and services for older people and carers.

Tel: 0117 922 5353

Blue Badges

Parking concessions for disabled people.

Tel: 0117 922 2600

Bristol and Avon Chinese Women's Group

Help, advice and services for Chinese women including carers.

Tel: 0117 935 1462

Bristol Care and Repair

A home repair agency for older and disabled people.
Tel: 0117 954 2222

Bristol Dial-a-Ride

Door-to-door transport for anyone with a mobility impairment. Covers most parts of the city.
Tel: 0845 130 1875

Bristol and South Gloucestershire People First

Advice and support for people with learning difficulties.
Tel: 0117 941 5842

Crossroads South Bristol

Respite, sitting and befriending services.
Tel: 0117 965 5440

Dementia Care Trust

Respite and other services for those with dementia and carers.
Tel: 0117 952 5325

Dhek Bhal

Information and respite care for Asian older people.
Tel: 0117 914 6671

NHS

Health advice and information from 24 hours a day
Tel: Out of Hours 111
NHS Choices website: www.nhs.uk

Bristol Shopmobility

Help with getting around and shopping in Broadmead/Cabot Circus.
Tel: 0117 955 9083

Where can I find out more?

Website: www.bristol.gov.uk/careandsupport

Email: adult.care@bristol.gov.uk

Tel: 0117 922 2700

Fax: 0117 903 6688

The following Frequently Asked Questions factsheets are available:

- Care Act General Questions
- Needs and Eligibility
- Support for Carers
- Deferred Payment Agreement
- Ordinary Residence
- Cap on Care Costs
- External Resources

We can provide this information in another format like large print, audio or Braille. Or in a language other than English. Telephone 0117 922 2700.