

INFORMATION FOR OLDER PEOPLE

Organisation	Contact details	Further information
AGE UK	For information and advice call 0800 055 6112 Website www.ageuk.org.uk	Age UK believes in a world where everyone can love later life. Its aim is to inspire, enable and support older people to make the most of later life. Age UK can give advice with money matters, home and care, health and wellbeing, work and learning, travel and life style.
ALZHEIMER CAFÉ UK	Tel: 01453 834714 Tel Nailsworth Rotarians on 01453 834714 for transport. Alzheimers Society National Helpline: 0300 2221122	The café provides a welcoming atmosphere with good food and music, usually live. Meetings on the last Wednesday of the month from 2-4pm at Christchurch Rooms, Newmarket Road Nailsworth GL6 0DQ. Parking in Price's Mill Surgery. (No meeting in August. December meeting before Christmas).
CALL IN TIME	Tel: 0800 434 6105 Website: www.ageuk.org.uk	Trained volunteers make phone calls lasting around half an hour. They provide a friendly voice and regular trustworthy connection with the outside world for older people who feel lonely.
CARERS UK	UK Helpline: 0808 808 7777 Tel: 020 7378 4999 Website www.carersuk.org Carers Gloucestershire Tel 0300 111 9000 Address 2 nd Floor, 35 St Michael's Square, Gloucester.	Provides information on benefits, carers' employment rights, support for carers and the people they care for.
CITIZENS ADVICE BUREAU	Tel: 0808 800 0510 (Mon, Tues, Thurs, Fri 10am-1.45pm) Email: advice@ca-scd.org.uk www.citizensadvice-stroudandcotswold.org.uk	CAB drop in advice sessions are held in the Help Suite (ground floor) in the Civic Centre, Wotton-under-Edge on Tuesday mornings from 10am-1pm. No appointment needed.
CLUBS & DAY CENTRES		
Wotton Lunch Club and Day Centre	Contact Mrs L Holland Tel: 01453 842004.	Held every Thursday from 10am-2pm in the Civic Centre.
Wotton and Dursley Club for the Visually Impaired	Contact Celia Kelly Tel: 01452 864645 Email: celiakelly1961@gmail.com	Offers friendship, social contact, activities, entertainments and occasional outings to anyone with a sight impairment. Held on the first Friday of the month in the lounge of Dryleaze House Wotton-under-Edge 2pm-4pm. Transport can be provided.
Other Clubs and Organisations	Further information is available in the One Stop Shop Tel: 01453 521659 or download a list from the Council's website www.wotton-under-edge.com	There is a wide range of clubs and organisations in the town offering arts and craft activities and various other classes.

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COMMUNITY WELLBEING SERVICE	Independence Trust (Herefordshire Housing) – covering Stroud and Berkeley Vale locality Tel: 0345 863 8323 Email: communitywellbeing.stroud@nhs.net	Community Wellbeing Service is a free and confidential service for anyone over the age of 16. The aim of the service is to connect people to local services, organisations and groups that can help to improve their general wellbeing and meet their wider social needs. Community Wellbeing Agents can help with: <ul style="list-style-type: none"> • Mental health and wellbeing • Long term health conditions • General health and fitness • Social isolation Housing and environment • Debt and finance
COMMUNITY MEALS	Telephone the Adult Social Care Helpdesk on 01452 426868.	The service is run by appetito Ltd and meals are available seven days a week.
COMMUNITY TRANSPORT SERVICE	For bookings please phone Mrs W Holcombe on 01453 542091.	For residents of Wotton-under-Edge and surrounding area to visit hospitals and day centres. There is a charge of 35p a mile, with a minimum fare of £2.50. A local shopping service is available on Friday mornings at a fixed rate of £1.00.
COTSWOLD VALE TALKING NEWSPAPERS	Tel: 01453 860801 or 01453 547233 Website www.cvtn.org.uk	Weekly recording of news from the Gazette supplied free to visually-impaired local people. Also a quarterly audio magazine containing a wide variety of stories, articles, poems, local history and interviews with local people. Supplied by post on a USB stick. Free loan of USB players if required.
CROSSROADS CARE CENTRAL AND EAST GLOUCESTERSHIRE	Tel 01452 302542 Email infoglos@crossroadscandeg.org.uk Website www.crossroadscandeg.org.uk	Care at home service to support families and carers of all ages. Practical and personal support tailored for your individual needs enabling you to continue living an independent life at home. Also carer breaks and a range of specialist clubs and activities.
DEMENTIA CONNECTIONS	Tel: Amanda 07814 692195 or Christine 07870 334553 Email: dementiaconnections@outlook.com	Dementia Connections runs Memory Groups in Charfield and Wotton-under-Edge, as well as providing respite services and carer support.
DOOR TO DOOR TRANSPORT	Tel: 0345 680 5029 Email: info@communityconnexions.org.uk Website: www.communityconnexions.org.uk	Community Connexions is a charity which provides home to school, day centre, hospital and community transport together with community bus routes across the county for groups and individuals, helping less mobile people retain their independence and freedom.

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GLOUCESTERSHIRE TELECARE	Tel: 01452 426868 Website: www.gloucestershire.gov.uk/telecare	A service to help you stay independent at home. Simple discreet sensors detect potential emergencies at home. The equipment is linked to a 24/7 monitoring service with trained staff to help you manage the situation and get help if needed in an emergency.
HOME SAFETY	Tel: 0800 180 4140. www.glosfire.gov.uk	Gloucestershire Fire and Rescue Service offers a free Safe and Well visit to discuss all aspects of home safety including your own health and wellbeing. They have a team of dedicated Community Safety Advisors working across the county carrying out Safe and Well visits and giving advice. Smoke alarms fitted free of charge if required.
INSIGHT GLOUCESTERSHIRE	Tel: 01242 22 11 70 Email: info@insight-glos.org.uk Website: www.insight-glos.org.uk	A local charity in Gloucestershire dedicated to supporting people living with sight loss or blindness. Provides tailored advice to help ensure that people with low vision can still enjoy their lives and retain their independence.
NHS CHOICES	Tel: 111 for non-emergency medical advice Website: www.nhs.uk	NHS Choices provides a comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle, but also about making the most of NHS and social care services in England.
RADAR KEY SCHEME	Tel: 020 72503222 Email: shop@disabilityrights.org	The key is for use of the disabled toilets and is available for disabled users only. The cost of a key is £4.50.
SOCIAL SERVICES	Tel: Adult Social Care Helpdesk: 01452 426868 Email: enq@gloucestershire.gov.uk www.gloucestershire.gov.uk/health-and-social-care	Advice on health and social care issues and support available.
SHELTERED HOUSING	Fill in a Gloucestershire Homeseeker Plus application at www.gloshomeseekerplus.co.uk . Tel: Stroud District Council Housing Advice Team on 01453 754078 Email: housing.advice@stroud.gov.uk Tapscott Court tel. 0800 280 2575 (Rental Team).	Sheltered housing allows you to live independently with the backup of extra support from an emergency intercom system and a Support Worker. Council-managed sheltered housing is available in Wotton at Drylease House. There is also a housing association scheme at Tapscott Court managed by Hanover Housing.

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SILVER LINE	Tel: 0800 4 70 80 90 Website: www.thesilverline.org.uk	The Silver Line a confidential, free helpline for older people across the UK open 24 hours a day, seven days a week. Their specially-trained helpline team: <ul style="list-style-type: none"> • Offer information, friendship and advice. • Link callers to local groups and services. • Offer regular friendship calls. • Protect and support older people who are suffering abuse and neglect.
UNITED KINGDOM HOME CARE ASSOCIATION	Tel: 020 8661 8188 Email: helpline@ukhca.co.uk Website: www.ukhca.co.uk	United Kingdom Home Care Association is the national professional association for homecare agencies. UKHCA helps members of the public to find local reputable homecare agencies and organisations that can meet specialised needs, including live-in care.
UNIVERSITY OF THE THIRD AGE	Cam, Dursley and District Group Meets at Dursley Methodist Church on the 3rd Thursday of the month at 10.30am. Tel: 01453 452159 Website: www.u3a.org.uk Thornbury Group Tel: 01454 419977 Website: www.u3a.org.uk	University of the Third Age groups around the United Kingdom are members of the Third Age Trust. Its main purpose is to encourage lifelong learning for those no longer in full time employment. It provides opportunities for members to share learning experiences in a wide range of interest groups to pursue learning, not for qualifications, but for fun.
WARM AND WELL	Warm and Well Advice Line 0800 500 3076 Website: www.warmandwell.co.uk	Advice Line offering energy efficiency advice on a number of topics from simple changes you can make to save energy, grants for insulation or heating, switching energy supplier, to information on renewable technologies.
YOUR CIRCLE	Tel: 01452 426868 Email: socialcare.enq@gloucestershire.gov.uk Website: www.yourcircle.org.uk	Your Circle is part of Health Watch Gloucestershire. The service provides information and advice about the different support options available in Gloucestershire, enabling people to build a support network tailored to their needs.