

# SUPPORT HUB

for older people

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[www.ageukbristol.org.uk](http://www.ageukbristol.org.uk)

## Practical help

- Support to apply for benefits, pension credit, attendance allowance
- Emergency financial support
- Guidance for prescription and pension collection
- Shopping, emergency food parcels, prepared meals
- Help with home maintenance and to ready your home on discharge from hospital

## Social & Emotional support

- Weekly social phone calls
- Free counselling and bereavement support

## Activities

- Activities that you can do from the safety of your own home to help keep you physically and mentally active

