

As a group in North and West Bristol, we provide a GP service to over 180,000 people. We've identified our top suggestions for places where our population can get help with looking after themselves and living healthier and happier lives. Most of these services will provide patients with a range of other contact details too.

January 2019

North and West Bristol, Information, Advice and Support Services

Who is the service for?	Details of provider	Description of service	Contact details
Anyone	Wellaware	Bristol based signposting on all services and activities	www.wellaware.org.uk 0808 8085252
Anyone over 70	Age UK	Broad service offering Advice, support, befriending, volunteering	www.ageukbristol.org.uk 0800 1696565
Anyone over 70	Independent Age	Broad service offering Advice, support, befriending, volunteering	www.independentage.org 08010 3196789
Anyone over 50	Community Navigators	Information, advice and support for people who feel lonely or isolated	0117 9515751 or laura.t@northbristoladvice.org.uk
Patients coming home from hospital	British Red Cross First call support at home	Practical and emotional support for up to 6 weeks on returning home from hospital	0117 3012601 or 0117 3421499
Experiencing bereavement	Cruse Bereavement care	Helpline, counselling and support	www.crusebristol.org.uk 01179264045
Patients with dementia and memory problems, and their families	Dementia Wellbeing service	Practical and emotional support and help	01179045151
	Bristol Dementia Action Alliance	Emotional support and help	0117 9681002
Carers	Carers Trust	A wide range of advice and support	0117 9652200
People affected by Cancer	Macmillian	Macmillan wellbeing centre Macmillan Bristol Buddies Practical and emotional help for up to 12 weeks (during and post treatment)	0117 4147050 07543 248714
People in emotional or mental distress and crisis	Mind Bristol	Range of services and signposting Advocacy, and counselling Includes LGBT service	www.bristolmind.org.uk 0117 9831000
	Samaritans	Support for people in crisis	116 123 (free phone no)
People with Housing problems (over 60's and disabled people)	We Care and Repair	Practical support, information and advice, adaptations and repairs	0300 3230700
Those interested in doing learning or training	Bristol Adult Learning	Personal development, employability and learning for leisure (fees apply) (lots of courses are at Stoke Lodge)	www.bristolcourses.com 0117 903 8844
	Community learning	Personal development and employability (includes lots of free courses)	communitylearningwest.net 0117 9039750
People with transport difficulties	-accessibletransport4u.org.uk or 01179657449 (annual membership fee) -Bristol Community Transport 0117 9020157 (annual membership fee) -Dial a ride – 0845 1301875 -Contact your GP practice to see if they have a volunteer drivers scheme		
Vulnerable adults	Care Direct (Bristol City Council)	Care Direct – this is the adult social services team for care needs assessment	0117 9555700