



Are you self-isolating?

Feeling alone and not sure who to call about your concerns?

We can help you to reduce your loneliness and worry

There's help at hand

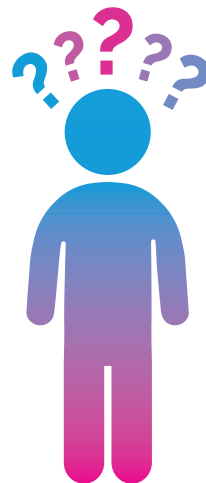


The government has told us all to stay at home, except for essential food and pharmacy shopping, exercise and work travel for key workers.

For people who are 70 years and over (regardless of medical condition), and those with an underlying health condition(s), there is a need to be particularly careful and self-isolate.

This is a worrying time, and we recognise that having people to talk to about your concerns, who you can trust is important.

The following key organisations can help. They are also able to contact other organisations, to get the information and support you need.



North Somerset Community Connect

Local Information and support for people 50 years and over.

We can keep you updated on what's happening where you live, to help with isolation and loneliness.

We can offer check-in phone calls to help you manage your wellbeing and not feel alone.

01275 888 803/01934 888 803

(messages can be left outside of these hours)

communityconnect@curogroup.co.uk

(Mon-Fri 9am-5pm)

Citizens Advice North Somerset (CANS)

Face-to-Face service has now closed.

If you need help call **03444 111 444** or

03444 111 445 for text relay.

Client line: **01934 836 200**

(Mon-Fri 9am-5pm)

National online advice:

www.citizensadvice.org.uk

advice@nscab.org.uk

(response within five working days)

For the latest local service updates:

www.nscab.org.uk

[CAB_NSomerset](https://www.facebook.com/CAB_NSomerset)

North Somerset Council Care Connect

Telephone helpline providing support and information on social care issues for all North Somerset residents, their families and carers.

01275 888 801 or **01934 888 801**
Minicom **01275 888 805**
careconnect@n-somerset.gov.uk
(Mon-Fri 8am-6pm)

Support for Carers

If you look after someone who couldn't manage without your care and support – you are an unpaid 'carer'. Contact us with any concerns.

01275 888 801 or **01934 888 801**
Minicom **01275 888 805**
careconnect@n-somerset.gov.uk

Carers Support Alliance

This service has stopped running groups however we are still offering telephone support.

03000 120 120 (choose option 3)
act@alliancehomes.org.uk
(state that your enquiry relates to Carers Support)

Vision (and Hearing) North Somerset

If you, a family member, friend or neighbour has sight or hearing loss, then contact us for advice and support.

01934 419 393
info@visionns.org.uk
(Mon-Thu 10am-1pm – you can leave a message outside of these hours)

Alzheimer's Society

For information, help and advice on dementia and caring for someone with dementia.

Sally Cavill **07771 633 068**
northsomerset@alzheimers.org.uk
(Mon-Fri 9am-5pm you can leave a message outside of these times)

Silver Line

A confidential freephone helpline for the over 55's. Offering information, advice and friendship. Call any time of day on **0800 470 8090**

North Somerset Neighbourhood Watch (NHW)

There are 690 volunteer coordinators across our area. Regular alerts are sent out to them, so they can alert their communities to untoward activity and helpful information.

The NHW administrator would be happy to assist you with any NHW queries. He can also help you join a local scheme or start a new one.

Paul Johnson, NHW Administrator
07889 656 575
paulk.johnson@avonandsomerset.police.uk
(Mon-Fri 9am-5pm)

Crime Stoppers – be aware of fraudsters.

Someone at the door? Suspicious new email? Strange letter in the post? Unknown phone call?

- STOP** – Think before you act.
- CHALLENGE** – Are you certain of their intention?
- CHECK** – Are you sure they are who you say they are?
- PROTECT** – Contact a trusted person immediately if in doubt.

Crime Stoppers. Ring **0800 555 111** to report concerns. 100% anonymous. Always.

www.actionfraud.police.uk

