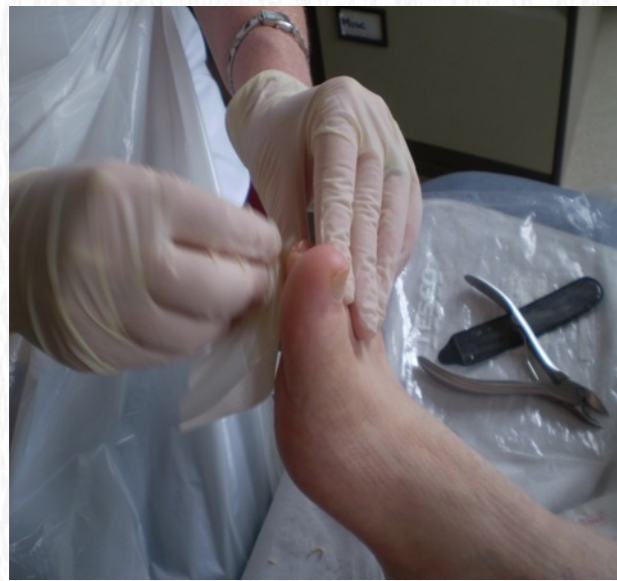


Foot Care Services

Bristol LinkAge have now extended their foot care scheme for older people to Bedminster. For further details of this, or of their availability in other parts of the city, phone **Kathe on 304 1726** or **Kayleigh on 0777 625 8150**.

Age UK Bristol also have a foot care project which is based in Lawrence Weston and Withywood. For details of this scheme, please phone **Lorraine on 0117 928 1540**.

These projects were a direct result of a research project and subsequent lobbying carried out by the Forum, together with Age UK Bristol.



Waste Collection and Recycling

To find out more about Council waste collection and recycling services, or to complain about problems, go to the website: www.bristol.gov.uk/recycling, or **telephone 0117 922 2100**.

Letter - How to Save on Telephone Calls

'If you are a BT customer, or to a lesser extent Virgin and others, it is possible to cut the cost of your telephone calls to near zero. You need to use pre-dial, which involves dialling in an extra code first. To sign up as a customer with one of the pre-dial firms, you have to have at least a basic computer, or someone who can operate one for you, and a credit card.

If you have a computer on broadband you can make even cheaper calls using SKYPE, always providing the person you are calling has a computer. Such calls are free.

Another way is to use the website 'Say No to 0870' (www.saynoto0870.com) which enables you to avoid high charges for special telephone numbers. These can be combined with pre-dial.

Most telephone providers now offer periods of free or low cost calls (usually at times when they are of least use to you). It is worth checking because these arrangements are usually confusing'.

A.J. Moore

Neighbourhood Partnerships

The Council has now transferred responsibility for many local issues to the neighbourhood partnerships. This is often where you now need to go with your complaints about services. For more information see the website: www.bristolpartnership.org (neighbourhood partnerships) or **telephone 0117 922 2080**.

Cheap Computers for Older People

At long last the Council has set up a scheme to provide cheap computers for people over 65 - something the Forum has been urging for more than three years.

The project is in partnership with a company called Byteback (based in Hartcliffe), and will provide a computer for just £35. (But remember you will also need an internet connection, typically costing about £20 a month).

If you would like to register for a computer, send your name, address and phone number to: **Recycled Computers (CH/404), Freepost SWB 535, Bristol BS1 5BR** (no stamp needed).



Help Lines

Bristol Older People's Forum c/o Age UK, Canningford House, 38 Victoria Street, Bristol BS1 6BY; tel 0117 927 9222; email: bopf@ageconcernbristol.org.uk. The Forum is the main co-ordinating organisation for older people's groups and older activists in Bristol. We always need more members to make the Forum even more effective. Can you recruit friends and relatives?

National Pensioners Convention Walkden House, 10 Melton Street, London NW1 2EJ; tel 020 7383 0388; email: admin@npcuk.org.uk; website: www.npcuk.org.uk. The NPC is the national umbrella body for pensioners' groups. Its aim is to promote the welfare and interests of all pensioners with a view to securing dignity, respect and financial security in retirement. It has over 800 affiliated groups - BOPF is one. You can join the NPC as an individual member - the annual fee is £5.

Age UK 207-221 Pentonville Road, London N1 9UZ; tel 0800 169 6565. website: www.ageuk.org.uk. Works to improve later life for everyone through information and advice, campaigns, products, training and research. The Forum holds a stock of Age UK information leaflets which are free to members on request.

Age UK Bristol Canningford House, 38 Victoria Street, BS1 6BY; tel 0117 922 5353; email: ageconcern@ageconcernbristol.org.uk; website: ageconcernbristol.org.uk. Contact Age UK Bristol (formerly Age Concern) about individual problems which affect you personally, but which are not necessarily shared with all other older people. It (mostly) works on behalf of individual older people.

Action on Elder Abuse provides a free helpline for anybody worried that an older person is being abused or mistreated. Tel: 0808 808 8141; website: www.elderabuse.org.uk.

Equality and Human Rights Commission has a helpline for concerns about age discrimination and unfair treatment on grounds of age. Tel. 0845 604 6610; website: www.equalityhumanrights.com.

Bristol Care and Repair Unit 5, The Hide Market, West Street, Old Market, Bristol 2; tel 0117 954 2222; email: info@bristolcareandrepair.org.uk; website: www.bristolcareandrepair.org.uk. A charity which works to improve the housing conditions of older and disabled home owners, and aims to help people live independently in their own homes for as long as possible. Arranges repair grants.

Bristol Shopmobility Cabot Circus Car Park, Newfoundland Circus, BS2 9AB; tel 0117 9559083. Hires powered scooters and wheelchairs and manual wheelchairs to enable people with mobility impairments to shop. By prior arrangement a user can be met with a scooter when arriving at the shopping area. Long term hire also available.

Third Age Trust (U3A) 19 East Street, Bromley, Kent BR1 1QH; tel 020 8466 6139; email: national.office@u3a.org.uk; website: www.u3a.org.uk. Encourages and promotes educational and cultural activities for older people.

RSVP West The Create Centre, Smeaton Road, Bristol BS1 6XN, tel 0117 922 4392; email: office@rsvp-west.org.uk; website: www.rsvp-west.org.uk. Promotes and organises voluntary and community activity by older people.

Bristol Dial-a-Ride The Vassall Centre, Gill Avenue, Fishponds, BS16 2ZZ; tel 0845 130 1875; website: bristoldialaride.org.uk. Provides a door-to-door bus service for any person who, for whatever reason, cannot use public transport. It picks you up from your home.

Energy Saving Trust Advice Centre SW 3 St Peter's Court, Bedminster Parade, Bristol BS3 4AQ; tel: 0800 512 012; email: enquiries@est-southwest.org.uk. Provides advice on keeping your home warm and saving on fuel costs. Grants may be available. See also www.energysavingtrust.org.uk. To enquire about Warm Front grants freephone: 0800 316 2805.

These contact details appear in every other issue of our newsletter. They will next appear in Autumn 2011.