

ere to serve you. We welcome suggestions...tell us if there is anything you want to get sorted-tell us & we will try to help! If you need this newsletter in an alternative format, please let us know.

AIDS/HIV-**THT West-01179551000****Brigstowe Project-Housing-01179399344**Alcohol, Drugs & Solvent dependency-**ACAD-01179293029****Addiction Recovery Agency-01179300282****CAAAD-01179042297****Bristol Drugs Project- 01179871500****Nilaari agency-08000280985**ALZHEIMER'S-**The Limes Day Centre- 01179613651****Alzheimers Society-08453000336**ARTHRITIS-**Arthritis care-02073806500**AUTISM-**Avon Autistic Foundation Ltd.-01179823229**Bereavement-**Cruse-01179264045****Victim Support-08453030900**Brain/head injury-**Headway-01179753771**CANCER-**Cancer Information & Support Centre-0117 928 3369**Carers-**Carers Centre-01179652200****Carenetwork-01761431389****Black Carers Project-01179144491**Childcare, Family & Parent support-**CIS-08451297217-Childcare link-08000960296****BEEES-01179654876****Band-01179542128****Big Brothers & Sisters-01179657967****Black Fathers-01179396645****BWERANI-01179159805****ERIC-01179603060 Coping with kids-01179311111****Duchemme Family Support-01179651675****Families Need Fathers-02076135060****Bristol Playbus-01179551566****KIND-01517088273****Young Mothers Group-01179415838****Family Mediation Service-01179292002****Parent line- 08088002222****Meet A Mum Association-01761433598 SPAN-01179520626****Time2Share-01179415868****Supportive Parents-01179897725****Run away from Home-send message-0800700740 no question****Summer Activities-01179556971 Pre school learning-02078330991****Tax Credit hotline-08456095000 Know your rights-TUC- 08706004882****Kids Clubs Network-02075122100**

Divorce- if you want to find out when marriages or divorce took place a search is possible. It will cost £20. Write to-

Principal Registry of the Family Division,
Room 203,
First Avenue House, 42-49 High Holborn,
London WC1V 6NP

Rail Travel-Disabled
Advanced bookings-
0845484950

Talking Magazine-
0143586610

Easyrider services-
01179778759
ring before 5pm on day of travel

Travel line bus services-01179555111

Tripscope-08457585641

For accessible accommodation and travel facilities etc.

Want to make a difference- become a volunteer befriender to young people with disabilities.

Contact Jo -T2S-
01179415868

Want to get a life- but need transport. Disabled-in a wheelchair? Do any of these apply to you.

Want to get out at a time to suit you?

Join Disabled Travel Service now and start making a difference to your social life.
Tel-01179415354 for application form

East Bristol Advice & Information Centres is a charity that aims to provide information, advice and guidance in East Bristol.

It is independent and FREE and since its formation in 1998 it has developed projects to help people across any sector of the community to get help.

For more information and for any enquiry on any subject please contact our - **Eastolian** helpline-**01179415892** Or fax-**01179415892** or e mail- info@eastbristoladvice.org.uk

Community Safety-**Bristol City Council**-01179224383Community Work-**Community Service Volunteers**-0800374991**New Kids on the block**-01179415892**WEEP**-01179415892Counselling-**ACPS**-01179304447**Off the Record**-01179279120Crime-**Victim Support**-08453030900**Debt Advice- Bristol Debt Advice Centre**-Tel-01179543990**National Debt helpline**-08088084000 **FCL**-0800716239Dementia-**Dementia Care Trust**-01179525325Disability advice/support-**Connections**-Tel-01179585522**Disability Information Service**-Tel-01179654444**Tripscope (travel advice)** Tel-0845 7585641**Disabled Living Centre**-Tel-01179653651**Disabled Peoples Help**-01179492554**WECIL**-Tel-01179038900**Time2Share**-01179415868**Bristol & District People First**-01179415842**Disabled Transport Service**-01179415354Domestic Abuse-**Mankind**-01643863352**Womankind**-08454582914**Nextlink**-01179250680**Helpline**-01179671414**Men-Survivors UK**-02073576677**Women Crisis Service**-01179251119Dyslexia-**Dyslexia Institute**-01179109265Education-**Bristol Community Education**-Tel-01179038822**Life Long Learning**-Tel-01179038815**Learn Direct**-0800101901Elderly persons support-**Care & Repair**-Tel- 01179542222**Bristol Old Peoples Forum**-01179279222**Fishponds Contact the Elderly Group**-Tel 01179328047**Homeshare West**-Tel- 01179083045**Age Concern**-Tel-01179225353 **Gardening**-01179297537**Barton Hill Settlement Day Care**-Tel-01179556971Employment-**Employment Opportunities**-01179255751**Disabilities**-01179255751**East Bristol IAG**-01179415892**ACAS**-01179469500**Positive Action Partnership**-Tel-0117 907 1271**RADAR toilets- key
scheme- 0207253222****WEEP-** helping
people gain
practical office skills
ready for work-
Tel-01179415892**Disabled Christian
Fellowship**-01179830338

Fairbridge West is a youth development charity working with people aged 13-25 in and around Bristol. Twice a month we run a one week part residential access course for new clients. This involves outdoor pursuits in the Brecon Beacons including adseiling, rock climbing, gorgewalking, caving, football, music technology, cooking, sailing...got your interest?

Contact Angie on 01179425362.

If you are an agency and want to refer young people please make contact.

Newlife-

Is a charity that provide support for children & families with babies who have birth defects.

Details- Tel- 01543468888 ext 227 .

www.bdfcharity.co.uk

Our postal address is-
AdviceDirect Support Office
17 Easton Business Centre
Felix Road, Easton,
Bristol, BS5 0HE

HELPLINE 0117 941 5892***E mail-******info@eastbristoladvice.org.uk*****We do hold leaflet stocks on
over 1,700 subjects.****For our catalogue send 57p sae
to our Advice Direct Support
Office-FAO****Kevin Powell, mark envelope
"Catalogue".****There is an order form with the
pack.**



Employment & support-young people-
Princes Trust-local01179706600

Helpline-0800842842.

Activities through Learning-

Baggator-01179415852

Young People-CSV Allies-01179077270

Bridging the Gap-01179705820

Energy Advice-

Helpline-grants & cashback-0800512012

Epilepsy Support- Helpline-08088005050

Family support- see also parent support

Family Mediation Service-Tel-01179292002

Pet Bereavement helpline-08000966606

Families Anonymous-drug project- 02074984680

Fun for the kids-Playbus-Tel 0117 955 1566

Summer Activities- 8-18 year olds-01179556971

Health, Support & well being-

Dhek Bhal-01179176671

Asian Women's Health Project - 01179412983

Wellwoman-01179413311

Womens Forum-01179222662

Avon Health Information Line-0800665544

NHS Direct-08454647

Sexual Health Clinic-01179283011

Asian Health & Social Care-01179540178

Hearing Impaired Support Scheme-01179595151

Pain-Pacing Forward- 01179322576

Jessie May Trust-01179616840

Bristol Playbus-01179551566

Rainbow Centre-0117 985 3354

Hearing impairment- Support-01179595151

Housing Needs-

Aashyana HA-01179393911

East Bristol Youth Housing-01179543500

Bristol Cyrenians-01179041290

Missing Link-01179251811

CHAS-advice centre-01179426247

Dean Crescent-01179872055

Spring House- 01179533816

The Hub-01179096000

Second Step-01179096630

Julian Trust-01179244604

Shelter-01179241500

**Welfare benefits, Housing, Debt, DLA,
independent Advice Centres around
Bristol-covering postcodes-**

BS4 BS5, BS16

East Bristol Advice Centre-01173789808

Barton Hill Advice Service-01179415834

BS7, BS9, BS10, BS11, BS12

North Bristol Advice Centre-01179515751

BS3, BS13, BS4-part, BS14

South Bristol Advice Service-01179851122

BS6, BS8

Redland Park Centre-01179744955

BS1, BS2

St Pauls Advice Centre-01179552981

All Bristol-

Bristol Debt Advice-01179543990

Avon & Bristol Law Centre-01179248662

Age Concern-01179225353

CHAS-01179426247-housing

In Your Own Language-01179411908

Money Advice & Welfare Benefits-

Bristol City Council-01173772866

Bristol Care & Repair-01179542222

Shelter-01179241500

Refugee Action- 01179892108

Citizens Advice Centres-

Bristol-01179211664-all Bristol

Kingswood-01179569174 South Glos, BS15

16-25 and unemployed?

Want a challenge and enjoy
yourself in the process?

Contact **Prince's Trust** and
ask about the Volunteers-12-
week challenge

Unique & **FREE**.

Tel-01179045130/9045330

Whatever your age, vision impairment-you can run your own business.

Contact the **Blind Business Association Charitable Trust**. Ennis Killip would like to hear
from you. Tele- 01189440015 or e mail- info@bbact.org.uk

For people 50+ contact BBACT Prime-Penny Hefferan- tel 01509561790 or
e mail-penny@bbact.org.uk.



Human Rights-Helpline-08088084546

Information & Resource Centres-

Sikh Resource Centre-01179525023

East Bristol Advice & Information Centres-01179415892

Easton Community Centre-01179541409

Barton Hill Settlement-01179556971

Brislington Neighbourhood Centre-01179772100

In Your Own Language-01179411908

East Bristol Mobile Information Service-01179395844

East Bristol Community Resource Centre-01179415892

Enuresis Resource & Information Centre-01179603060

Islamic Information Centre- 01179020037

Sicklecell-01179512200 **Pakistan Womens Information**-01179523031

Somali Womens Centre- 01179354316 **Refugee Action**-01179892108

Princess Royal Carers Centre-01179652200

Careforum-01179654444 **Easton Christian Family Centre**-01179554255

Avon & Bristol Law Centre-Bristol Resource Centre-01179248662

Meadow Vale Community Centre-01179611232

Stapleton & Begbrook Community Association-01179396615

Hillfields Community Association-01179657882

Hungerford Community Association-01179778202

East Bristol Enterprise-01179415800

Disabled Living Centre-Tel-01179653651

Learning Difficulties-

Bristol & District People First-01179415842

KHAAS-01179554070

Time2Share-01179415868

Legal-**Avon & Bristol Law Centre**-01179248662

LETS -Barter systems-

BEETS-01179518497

Lonely-

Samaritans-01179831000

Contact the Elderly-01179693421

Meningitis-**Meningitis Trust**-08456000800

Mental Health-

Black Orchid-01179079982 **Saneline**-08457678000 **Partners**-01179656061 Ex 4217 **Third**

Sector Solutions-01179415318 **Bristol Mind**-0117 983 0330

Second Step Housing-01179096630 **Nilaari**-08000280985

Neighbours disputes-bullying-**Bristol Mediation**-01179043321

Parent Support- **Lone Parent Helpline**-08000185026 **Supportive Parents**- 01179897725

Prisoners' families-**Helpline**-08088082003

Prostitution- Working with women-**One25**- 01179098832

How to protect your Credit identity against identity fraud where someone else takes out credit in your name. Copy of your credit report- 08702416212 CIFAS-a small fee will be payable-put a warning on your reports held by any credit reference agency- 08700102091 To remove your name from most direct mail lists in the UK- 02072913310

If you cannot find what you are looking for here, try our website or contact our **Eastolian** helpline 01179415892.

Or write to us at

Advice Direct Support Office

17 Easton Business Centre
Felix Road

Bristol,

BS5 0HE

Tel/fax-01179415892

E mail-

info@eastbristoladvice.org.uk

The people's advice service.

East Bristol Advice & Information Centres is a FREE and INDEPENDENT registered charity that aims to provide a quality Information, Advice & Guidance service to people in East Bristol=**Eastolians**. Our service is via 'phone, mobile centre, outreach, website, e mail, fax.

Our motto is- if we do not know or have the info for you, we find someone who does



East Bristol Advice & Information Centres (EBAIC)

17 Easton Business Centre, Felix Road, Bristol, BS5 0HE and mobile around East Bristol
Refugee & Asylum- Somali Community Group- Tel-0117 914 8815 Refugee Action- 01179892108

Smoking-

Don't Give up giving up-08001690169 Pregnancy Smoking Helpline- 08001699169 Easy

Breathing Pubs-01179595465

Social Services/Health Service- Complaints Procedure Advocacy-01179589330

Stroke- Stroke Association- 01179531200

Translations- In Your Own Language-01179411908

Young People-Wheels Project-01179711711

Avon & Bristol Law Centre-

Bristol Resource Centre-

Advice helplines-

Debt- 01179167730

Discrimination-01179167727

Employment-01179167727

Housing -01179167730

Welfare Rights-01179167722

Community –01179247959

Main line-01179248662

Check there is not a charge.

Page 6 is your opportunity to have your say about anything that is affecting you in your community of East Bristol. Also it is a chance to give valuable feedback to us about our service so that we can make sure it is helping you and "hitting the button" for the East Bristol communities.

You can e mail your reply or post it to us whichever is most convenient to you.

There is space in the survey for you to indicate if you would like to become active for EBAIC and how to go about it. You too can Make A Difference.

To save you money, if you post your reply use our freepost address on the survey form.

Thank you for your help and truly sincere best wishes to all our readers/service users.

Martyn Hancock-Eastolian editor.

East Bristol Advice & Information Centres attempts to ensure all services we show in our newsletter and on our website offer a FREE service. However always check that the service you are wanting to use is free. If any service is not-please let us know so we can share that information in future issues.

We also report in the Eastolian items of interest and remind you to check for yourself if what is reported is correct. If you find it is not again please share that information with us so that we can amend our records and also make sure all our information is as correct and up to date as possible.

EBAIC cannot accept any responsibility for any detrimental service, injury-financial or physical, you may receive or experience as a consequence of the information you extracted from our publications. Our service is aimed at giving you information for you to use as you think suitable to your needs. Be well advised to check the service you are going to get. If in doubt contact any of the advice centres on pages 3 & 5 and ask them to check for you.



East Bristol Advice & Information Centres (EBAIC)

17 Easton Business Centre, Felix Road, Bristol, BS5 0HE and mobile around East Bristol

Have your say-Community survey-

you do not have to give us your name or address if you do not wish to.

1-Is there anything happening or not happening in your community you would like to see change?
To help us please tell us what district you are talking about. We will pass your comments onto the appropriate authority/person unless you advise us to the contrary.

2- Have you used our service, if so please tick which project?

- Eastolian newsletter
- Website -www.eastbristoladvice.org.uk/www.Eastolian.org.uk
- WEPP (Work Environment Education Programme)
- New Kids on the block -East Bristol Community Volunteer project
- I Am Me
- East Bristol IAG
- Advice Direct-Mobile information centre
- Community Champions Fund support

3- What do you think of the service, how do you think we could improve it?

4- Are you aware of what free help is out there for you? Yes/no

5- If no- please contact us if you have a problem and we will inform you where you can get help.

6- Have you used any other advice service in your area? If so which and please give some feedback on how you got on.

7- Would you like to become active in your community? Yes/no. If yes please contact us under our New Kids project and we will help you to Make A Difference.

8- Would you like to become more active in East Bristol Advice & Information Centres? Yes/no- if yes please write your name and address below and post to us using the FREEPOST address below or contact us at our Advice Direct Support Office on 0117945892 or e mail- trustees@eastbristoladvice.org.uk and we will give an information pack and help you. We want people to become trustees and you will be given the opportunity to join our ongoing trusteeship training.

Name
Address
Postcode
E mail-

Tel-

Send to-

East Bristol Advice & Information Centres, FREEPOST, SWB1001, Bristol, BS16 3ZY