



## Congresbury Village Agent

My name is Maxine Gilman and I am the Village Agent for Congresbury.

### What is a Village Agent?

My role is to link people in rural areas to advice and support services to maintain independent living. I offer a friendly, free and confidential service to anyone over 50.

I can provide information and advice on many different issues that may be worrying you. For example:

- Help to stay living in your own home.
- Information regarding care support.
- Information on social groups and activities.
- Support if you are feeling socially isolated and lonely.
- Information regarding transport to medical appointments.
- Information regarding financial concerns and money matters.
- Help with completing forms, such as Attendance Allowance.
- Information on keeping fit and active.
- Advice on accident and falls prevention.
- Advice on unwanted callers and scams.
- Support with health and wellbeing.
- I can offer one to one support.
- I can also help you and your community to set up groups and activities.

If you would like my advice on anything, please call Maxine Gilman on 07967344766 or email [Maxine.gilman@curo-group.co.uk](mailto:Maxine.gilman@curo-group.co.uk)



...local services to over 50s

---

Supported by

