



## Our activities and services

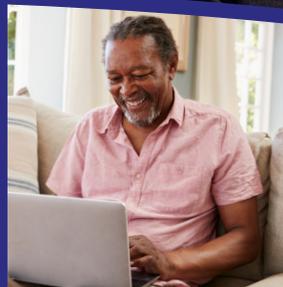
We offer a wide variety  
of services that help to  
support older people  
in our community.

Get in touch to find out  
how we can help you!

 FREEPHONE 0800 019 1310

 [info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)

   [@ageukwsbh](https://www.facebook.com/ageukwsbh)



Visit our website [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)



## We're here if you need support



### Our Age UK Centres

Our centres are open and we'd love to welcome you. To find out what's on in your area, please call us on **0800 019 1310** or visit: **[www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)**.

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### Information & Advice

Our team can help with a wide range of queries on a variety of topics, including benefits and money advice.

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### Help at Home

We can support people over 50 with services like cleaning, shopping, laundry and gardening.

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### Support at Home after Hospital

Supporting people over 65 following hospital discharge. We can arrange for one of our volunteer co-ordinators to visit for up to 6 weeks ensuring you regain your confidence.

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### Take Home & Settle

Providing immediate support to vulnerable older people upon discharge from hospital or attendance to A&E or similar.

**For more information on this service please call 01903 717 130.**

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Our range of services is wide and varied, based on the funding opportunities in each area, while also meeting the individual needs of our customers. Services are subject to change so for an up-to-date list please check our website. Costs may apply to some services.

**Get in touch!**



**Email [info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)**



### **Social clubs and activities**

We offer a wide variety of activities at our social centres and clubs across the area that bring people together to have fun in a warm and welcoming environment.

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### **Community Agents**

Our Community Agents work in the community to help, support and signpost older people to services, information and guidance that reduces their social isolation and loneliness, and helps improve their wellbeing.

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### **Dementia & Carers Support**

We provide a range of services to help people live with dementia in older age in a social and friendly environment as well as supporting carers too.

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### **Digital skills service**

We can provide one-to-one support in your own home, enabling you to become confident using technology such as mobile phones, tablets or laptops.

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### **Social Prescribing**

Our Social Prescribers work with the NHS and other organisations to support individuals and find solutions to their problems e.g. housing or financial difficulties.

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### **Crisis Care**

This is a free short term support service available following an illness, hospital discharge or domestic emergency.

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### **Wellbeing support**

We can share information on healthy living, nutrition, hydration and exercise.



### **Home visiting service**

We can provide support and companionship with weekly visits. If you would benefit from a bit of company and are over 50, give us a call.



**Visit our website [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)**

# Your donations help us to keep our vital services for older people running

By giving a donation or fundraising for us, you will be helping to provide essential information and support to older people in our local communities across West Sussex, Brighton & Hove. Please help us to be there for all older people who need us, thank you.

## How to donate

You can scan the QR code, visit our donation page below, or contact us by email or phone.



-  [justgiving.com/ageukwsbh](https://justgiving.com/ageukwsbh)
-  [fundraising@ageukwsbh.org.uk](mailto:fundraising@ageukwsbh.org.uk)
-  01903 792 211



## Volunteer for us

We couldn't provide all the services we have on offer without the amazing support of our volunteers. Volunteering is a great way to meet new people and learn new skills, as well as offering the satisfaction of giving back something to your local community. We have a wide range of roles available across the charity, so we can match you to something that will suit you.



## Find out more about volunteering...

Contact our Volunteer Manager Richard and find out more about volunteering with us.



-  01273 021620
-  [richard.harris@ageukwsbh.org.uk](mailto:richard.harris@ageukwsbh.org.uk)
-  [www.ageukwsbh.org.uk/get-involved/volunteer](https://www.ageukwsbh.org.uk/get-involved/volunteer)