

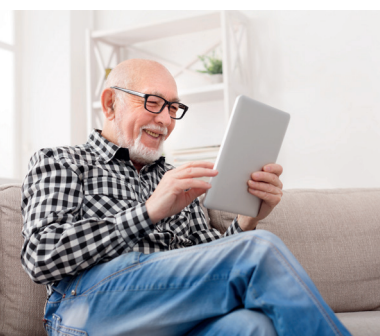
Information and Advice



Free, impartial and confidential advice on all manner of subjects – housing, care, benefits, council services, how to access support and local activities to all older people across Cheshire, their family, friends or carers. Community drop-ins and benefits advice appointments available in Crewe and Nantwich.

Call 01244 401500, open 11am – 3pm with a voicemail service outside these hours. Email informationqs@ageukcheshire.org.uk

Connect All – digital inclusion project



If you live around Crewe or Northwich and are having problems with your device or want to explore using a device Age UK Cheshire can help! You can pop into one of our IT drop in clinics with your device or call us for information on how we can support you. We can help with mobile phones, laptops, tablets, Alexas and much more. This service is for anyone aged 55+ and for those with mobility issues we may be able to offer a home visit.

Call 01606 720431 for more information.

Coach Trips



We offer a range of exciting day trips with various pick-up points, making travelling enjoyable and stress-free. All coach trips are open to anyone over the age of 18. All we ask is that individuals are able to access the bus independently. For more information and our coach trip schedule:

Call 01606 881660 or email castlehub@ageukcheshire.org.uk

Website: www.ageuk.org.uk/cheshire/activities-and-events/coach-trips/

Volunteering



We have a wide range of roles which suit different people and different skills. Volunteering is a great way to meet new people, learn new skills and support the work we do in the community. We offer a range of services to support older people to live independent, enjoyable and fulfilling lives - and the skills, time and energy of our volunteers is vital in helping us do this!

To find out more contact our Volunteer Coordinator, Hazel on 07467 045488 or email volunteering@ageukcheshire.org.uk

Will Writing Service



Through Age UK Cheshire you can have a basic Will written for a special offer of £75, which is half the price of the usual cost! This offer is open to anyone aged 18+ and the fee will be donated in full to Age UK Cheshire, helping to support our vital work locally. Clinics are available in Chester and Northwich.

Email: castlehub@ageukcheshire.org.uk

Telephone: 01606 881660

Website: <https://www.ageuk.org.uk/cheshire/our-services/will-writing/>

Green Connections Crewe



Reconnect with nature in your yard, garden or window box with free sessions at your home with our Green Connections Coordinator and volunteers - this is for people aged 55 and over living in Crewe. You can choose what you would like to do from our activities catalogue and we can also help connect you with local social activities in your area.

Further information, or to register, contact 07717 501315

Email Bethany.caley@ageukcheshire.org.uk or to refer yourself or someone else (with their consent) please visit:

www.bit.ly/GreenConnections-ReferralForm

Bright Memories Northwich Dementia Groups



Our groups are for people living with memory loss and/or early-mid stages of dementia. Sessions offer fun, friendship and stimulation through creative and musical activity, topical and reminiscence discussion, physical activity, quizzes and word/number games. There is a cost to this service. Why not arrange a taster session or call us for more information. Groups run throughout the week.

Call us on 07917 638820 or email brightmemories@ageukcheshire.org.uk

Sharing Time Telephone Befriending



This project works across the whole of Cheshire, matching people over 50 who may not get the opportunity for a regular friendly chat with one of our friendly volunteers. We could always do with new volunteers and ask that people are over 18 and can commit to 1 hour a week.

To sign up for volunteering email volunteering@ageukcheshire.org.uk

or to receive calls from a befriender **call us on 01606 305012**

or email linda.smith@ageukcheshire.org.uk