

# Our Services



## 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. Dealing with issues on your own can feel daunting but we're here to help.

**Phone: 01606 305001 Open 9am – 1pm with a voicemail service outside these hours**

**Email: [enquiries@ageukcheshire.org.uk](mailto:enquiries@ageukcheshire.org.uk)**



## Help at Home

If you are over 50 one of our Home Helpers could make your life so much easier and could help you maintain your independence for longer. You pay one hourly rate and a variety of tasks can be conducted during your appointment time. The service operates Monday to Friday. Currently in Cheshire East and soon to be introduced in Cheshire West.

**Phone: 01606 305002 or email [enquiries@ageukcheshire.org.uk](mailto:enquiries@ageukcheshire.org.uk)**



## Home Hazard Assessment & Advice

By carrying out free, impartial home visits in Cheshire West, our service aims to reduce falls at home by assessing your home and providing guidance on how to keep yourself safe and well. We will also provide signposting and onward referrals to other services which may offer additional support.

**Phone: 01244 408162 for more information**

**Email: [CHF@ageukcheshire.org.uk](mailto:CHF@ageukcheshire.org.uk)**



## Coach Trips

We offer a wide 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 can access the bus independently. For more information and our coach trip schedule:

**Phone: 01606 305005**

**Email: [castlehub@ageukcheshire.org.uk](mailto:castlehub@ageukcheshire.org.uk)**



## Bright Memories

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. The group is run on Monday, Wednesday and Friday in Northwich and Macclesfield.

**Phone us on: 07917 638820**

**Email: [brightmemories@ageukcheshire.org.uk](mailto:brightmemories@ageukcheshire.org.uk)**



## Scams Awareness & Aftercare

Each year in Cheshire, more than 5,000 people report being victims of scams and fraud, costing them over £20 million. We offer a range of services to groups and individuals for prevention, awareness and support for people who have been a victim.

**Phone us on: 01625 612958**

**Email: [scams@ageukcheshire.org.uk](mailto:scams@ageukcheshire.org.uk)**



Reconnect with nature in your yard, garden or window box with free sessions at your home with our Green Connections Coordinator and volunteers 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.

**Phone us on: 07717 501315**

**Email: [connections@ageukcheshire.org.uk](mailto:connections@ageukcheshire.org.uk)**



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 for people being over 18 and can commit to 1 hour a week.

**To sign up for volunteering please email [volunteering@ageukcheshire.org.uk](mailto:volunteering@ageukcheshire.org.uk) or to receive calls from a befriender call us on 01606 305012 or email: [linda.smith@ageukcheshire.org.uk](mailto:linda.smith@ageukcheshire.org.uk)**



POYNTON AREA ONLY - Time out each week to talk with a trained listener in confidence about feelings or problems that you find difficult to discuss with a friend or relative

**Phone us on: 01625 612958**

**Email enquiries [ageukcheshire.org.uk](mailto:ageukcheshire.org.uk)**



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!

**Phone our volunteer coordinator: 07467045488**

**Email: [volunteering@ageukcheshire.org.uk](mailto:volunteering@ageukcheshire.org.uk)**



Through Age UK Cheshire you can have a basic\* Will written for a special offer of £125 per single person and £150 per couple, which is a much-reduced fee! 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.

**Phone: 01606 305005**

**Email: [castlehub@ageukcheshire.org.uk](mailto:castlehub@ageukcheshire.org.uk)**

**Helpful Tips**

For further information about all our services visit:

 [www.ageukcheshire.org.uk](http://www.ageukcheshire.org.uk)

Registered charity number: 1091608