

The logo for Age UK, featuring a stylized 'A' composed of three overlapping colored arcs (blue, green, and red) followed by the text 'age UK' in a lowercase sans-serif font.

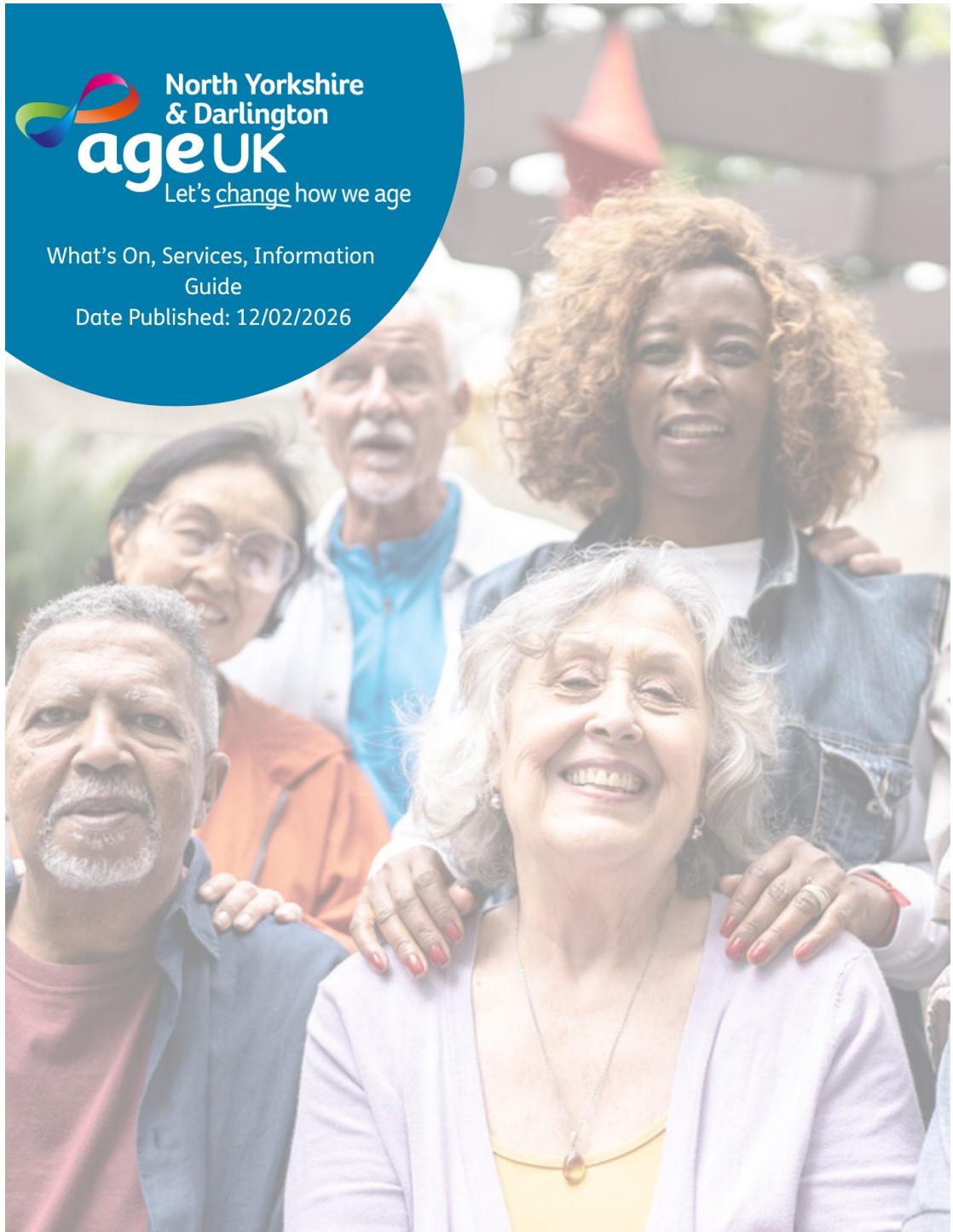
North Yorkshire
& Darlington

age UK

Let's change how we age

What's On, Services, Information
Guide

Date Published: 12/02/2026



Darlington, Hambleton, Harrogate District, Richmondshire

About Us and What We Do



Age UK North Yorkshire and Darlington is an independent charity, providing a range of tailored services to the over 50's in North Yorkshire & Darlington.

We are supported by over 40 valued volunteers and engage with over 8000 older people each year.

Our services include Day Care service and Sitting Service, Hot meal Delivery Service, A newly refurbished Café, Support Groups, Counselling, Companionship and Check - In Service

They're designed to help you stay independent and well as you get older.

We are here to help you and your loved ones navigate this time in your life.

Get in touch using the details in this brochure to see how we can support you and your wellbeing.

Cafe Refresh

Welcome to the All-New Cafe Refresh!

We've given our cafe a fresh new look, a brand new menu, and a cosy atmosphere designed just for you!

Whether you're after a hot cup of coffee, a delicious homemade meal, or a sweet treat to brighten your day, we've got something for everyone.

New menu, same heart- enjoy freshly made breakfasts, delicious lunches and homemade desserts.

Hot drinks to warm the heart.

A warm and inviting space- whether you're catching up with friends, working or just unwinding, we're here for you. Come and experience the new and improved Cafe Refresh- great food and great company.

All proceeds from our Cafe go to supporting Age UK North Yorkshire & Darlington.

Professional Catering for Meetings, Parties & Events

Professional Catering for Every Occasion.

Planning a meeting, event or party? Let us take care of the food! We offer a wide range of delicious catering options, from hot and cold buffets to customised menus tailored to your needs. Freshly prepared, high quality food, Buffets, platters and full meal options available. Catering for vegetarian, vegan, halal & gluten-free diets. Perfect for corporate events, celebrations & special occasions.

Whether you're hosting a small gathering or a large event, we have the perfect menu to impress your guests. Prices start from £8.50 per person.

Telephone: 0300 302 0100

Catering Menu

“The Way We Like It” Traditional Hearty Spread £8.50 per person

Selection of sandwiches, sausage or cheese rolls, quiche selection, corned beef pie sliced, pasta salad, potato salad, coleslaw, market salad, wedges & dip, selection of cakes and biscuits.

“Simple & Elegant” Afternoon Tea £8.50 per person

Selection of sandwiches, mini sausage with chutney, fruit or plain scones with jam and cream, selection of cakes and sweet treats .

“Warm and Welcoming” Hot Warming Offering £9.50 per person

Pick 2 of the following:

Beef baps, pork and stuffing rolls, chilli, mild chicken and veg curry, lasagna, corned beef pie

And pick 4 of the following:

Garlic bread, coleslaw, wedges & dip, potato salad, market salad, bread basket selection

And a selection of cakes and muffins.

“Something A Bit Different” Sharing boards and extras £9.90 per person

Pick 3 of the following:

Cold meat selection, continental platter, cheese board, veggie platter

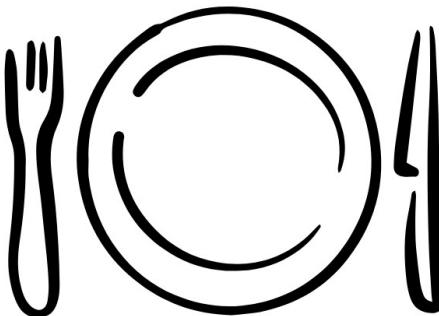
Pick 4 of the following:

Coleslaw, wedges & dips, potato salad, rice bowl, market salad, olives and sourdough, bread basket selection

And a selection of cakes and muffins.

Meals at Home

7 DAYS A WEEK



Are you or a loved one in need of a wholesome, home-cooked meal? Our Meals at Home Service delivers delicious, nutritious two-course meals straight to your door, prepared with care and delivered by our friendly volunteer drivers.

£7.50 for 1 course - £9.00 for 2 courses.

Freshly prepared, balanced meals delivered 7 days a week with a warm and friendly service from our volunteers.

Enjoy the comfort of a hot, nutritious meal without the hassle of cooking. Let us take care of you or your loved one with food that's made with care and delivered with a smile with the comfort of knowing you or your loved one is also receiving a chat with a friendly support and a check-in each day.

We can currently deliver to the Darlington area.

To find out more or arrange delivery, contact us on the below.

Telephone: 0300 302 0100



Meals at Home

7 DAYS A WEEK

£7.50 FOR MAIN COURSE OR

£9 FOR MAIN AND A PUDDING

Week 1

Monday

Beef Casserole, Herb Dumpling & Mash
Treacle Sponge & Custard

Tuesday

Lasagna, New Potatoes, Mixed Leaf Salad
Chocolate Brownie & Cream

Wednesday

Cottage Pie & Seasonal Vegetables
Rice Pudding

Thursday

Slow Roast Pork Shoulder, Roast Potatoes,
Seasonal Vegetables & Gravy
Banana & Chocolate Chip Loaf & Custard

Friday

Fish in Parsley Sauce, Seasonal Vegetables &
Mash
Bread & Fruit Bake

Saturday

Corned Beef Pie, Peas,
Roast Potatoes & Gravy

Apple & Cinnamon Raisin Sponge & Custard

Sunday

Roast Chicken, Mash, Seasonal Vegetables,
Yorkshire Pudding & Gravy
Seasonal Crumble

Week 2

Monday

Chicken & Leek Pie with New Potatoes, Peas
& Sweetcorn
White Chocolate & Raspberry Traybake

Tuesday

Beef in Ale, Mash & Seasonal Vegetables
Victoria Sponge

Wednesday

Chicken in a Garlic & Mushroom Sauce, New
Potatoes & Seasonal Vegetables
Chocolate Sponge & Custard

Thursday

Mince & Dumplings, Mash & Seasonal
Vegetables
Treacle Sponge & Custard

Friday

Cod Fishcakes, Peas & Sweetcorn, New
Potatoes & Parsley Sauce
Sticky Toffee Pudding

Saturday

Corned Beef Pie, Peas,
Roast Potatoes & Gravy
Apple & Cinnamon Raisin Sponge & Custard

Sunday

Roast Chicken, Mash, Seasonal Vegetables,
Yorkshire Pudding & Gravy
Seasonal Crumble

Mini Bus Hire



Hire Our Minibus

Age UK North Yorkshire and Darlington offer a reliable minibus hire service for all your transport needs - whether it's a day out, a group trip, or special event. Our Minibus is available daytime, evenings & weekends!

Our comfortable, accessible and safe minibus is perfect for community groups, social outings and much more.

Seating 14 People.

Contact us today for prices and availability!

0300 3020100

shaun.britton@ageuknnyd.org.uk

Room Hire

We have meeting and events rooms to hire with prices starting from £10 per hour. We have a smaller room seating 6-8 people and a large board room seating up to 15 people. There are also larger rooms that can be hired for events of all kinds. We can provide refreshments including tea & coffee, breakfast, lunch, buffet etc.

Contact us today for more information, availability and costings.



Activities Around Darlington

Monday's

- Darlington Stroke Club- 10:00am- 12:30pm- Bradbury House
- IT Drop-In Sessions- 2:00pm-4:00pm- Bradbury House
- Spanish Lessons- 2:00-3:00pm- Bradbury House
- Dementia Coffee Morning Support Group-10:00am- 12:00pm- Held on the second Monday of each month at Bradbury House

Tuesday's

- Veteran's Meet Up- 10:00am-12:00pm- Bradbury House
- Guitar Group- 1:00pm-4:00pm- Bradbury House



Wednesday's

- Willow Road Lunch Club- 12:00pm-1:30pm- Willow Road Community Centre- £9 including a 2 course lunch- prebooking is essential



Thursday's

- Time For Tea- 10:00am-12:00pm- Bradbury House
- Prompted to Write- 10:00am-12:00pm- Bradbury House
- Silver Screen Society- 1:30pm- Bradbury House
- Stitches- 2:00pm- 4:00pm- Bradbury House
- Sequence Dancing- 1:30pm- 3:00pm- Dolphin Centre
- Branksome Hall Lunch Club- 12:00pm- Branksome Hall on the last Thursday of the month- £9 including 2 course meal- prebooking is essential.

Friday's

- Veteran's Meet Up- 10:00am-12:00pm- Bradbury House



Activities Around North Yorkshire

Monday's

- Walking Football- 4:00pm-5:30pm- Hambleton Leisure Centre
- Ageing Well Group- 2:00pm- 3:30pm- Kirk House, Romanby, Northallerton



Wednesday's

- Gentle Exercise to Music- 2:00pm-3:00pm- Morton on Swale Village Hall



Thursday's

- Hambleton Age Friendly Forum- 10:30am-12:30pm- Held the first Thursday of each month at Northallerton Library- Free of Charge
- Gentle Exercise to Music- 2:00pm-3:00pm- Brompton Methodist Church
- Moving in Circles (Circuits Training)- 11:00am-12:00pm- Jennyfields Styan Community Centre



For more information or if you would like to book onto any of these services, please contact us on 0300 302 0100

Day Care Services

Our friendly and welcoming Day Care Centre in Darlington offers a safe, supportive, and stimulating environment for individuals living with Dementia. Open Monday to Friday from 9am to 3pm, it's a place where people can enjoy companionship, engaging activities, and tailored support in a calm and caring setting. Here is what you can expect:

- Individualised Support to meet a wide range of care needs
- Specialist dementia care, delivered with compassion and expertise
- A disability-friendly space that's fully accessible and comfortable
- Meaningful activities designed to support memory and cognitive wellbeing
- A person - centered approach, where everyone is treated as the individual they are
- Regular reviews to ensure care stays responsive and relevant
- Support from Darlington Borough Council, giving families peace of mind

Whether it's for a few hours of stimulation and socialising, or regular weekly visits, our Day Care Centre is here to help people thrive and offer carers a well-deserved break.

Comfort and Care Haven

Our Comfort and Care sitting service is here to provide friendly, reliable care for your loved one while you take a break. Our highly trained staff can support your family member in a safe, comfortable and supported environment. Pre Bookable sessions are available between 9am-3pm. With a minimum of 2 hours, sessions are £10 an hour. Registration and assessment must be carried out by Age UK NYD prior to any sessions

Carer's Break Package

Providing a package of free support to help carers get vital rest and respite. The support package includes 44 Hot meals or 7 day care sessions including transport.

For more information please contact us on: 0300 302 0100 or email: shaun.britton@ageuknyd.org.uk



Welcome to our Home Care Service



At Age UK NYD, we believe everyone deserves the opportunity to live with dignity, purpose and independence- no matter their age or ability. We are a trusted, not-for-profit care provider rooted in our local community, offering practical support that makes a real difference in people's lives.

Home Support Services

Need a hand with everyday tasks? Our friendly team is here to help with:

- Cleaning, Laundry and Ironing
- Grocery Shopping with or without client
- Befriending and companionship
- Community access and engagement

Our aim is to make daily life easier and more enjoyable- right where you feel most comfortable.

Sitting Service

If you've got an appointment or just need some time to yourself then our caring, experienced staff are on hand to help. Have peace of mind knowing your loved one is in safe, caring and capable hands.

Why choose Age UK NYD?

- Compassionate care, delivered with respect and warmth
- Tailored support based on your needs and goals
- Local and reliable, with a strong sense of community

Volunteering

Volunteer with us today!

At Age UK North Yorkshire and Darlington we rely heavily on the hard work and dedication of our volunteers to be able to continue providing our services.

Do you have a few spare hours a week, recently retired and looking for something new to do? Or are you a younger person looking to gain new experiences and help out your local community?

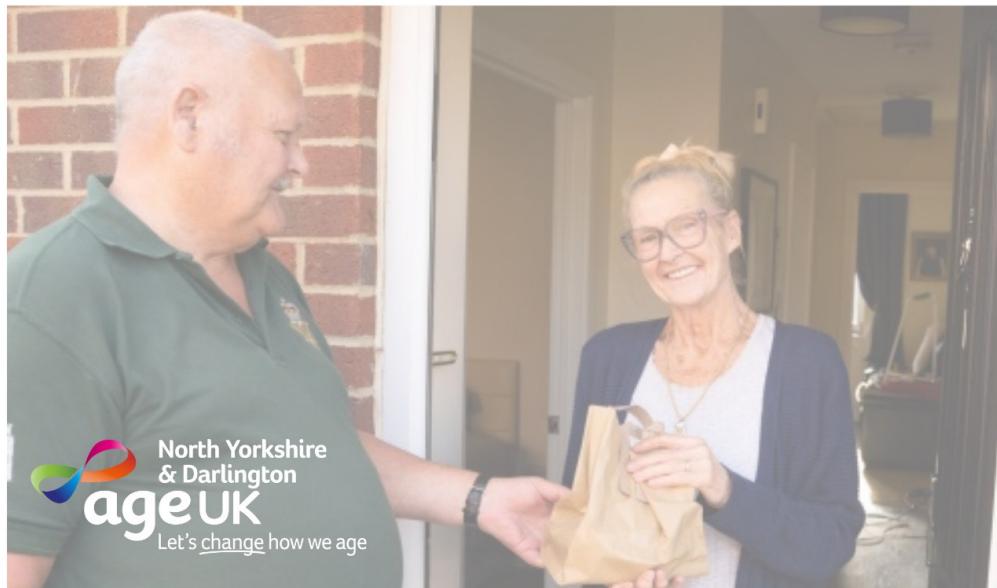
We are always looking for new volunteers to join us, whether you would like to help on reception, support an activity or help deliver our hot meals. There's something for everyone!

Contact us today for a volunteering application pack, or to talk through the different options for volunteering in either Darlington or North Yorkshire.

Tel: 0300 302 0100

Darlington Volunteers: sally.clement@aguknyd.org.uk

North Yorkshire Volunteers: clare.hardie@ageuknyd.org.uk





Check in and Chat



Age UK North Yorkshire & Darlington are now providing a Check In & Chat Service. Do you or a loved one need a friendly voice to check in and brighten your day?

Our Check in and Chat Service provides caring volunteer callers who will reach out with a friendly conversation and a wellness check, ensuring you're not alone.

Let's Connect

Welfare Check Service

Do you live alone or worry about what would happen if you were unresponsive? Do you have pets or responsibilities that need attention if something goes wrong?

Let's Connect provides a simple, caring service- Our staff and volunteers will check in with you daily via text or phone call to ensure you're okay. If we don't hear from you, we'll reach out to a trusted next of kin, friend or designated contact to make sure you're safe.



Heart and Home Companions

Are you or a loved one looking for a friendly, reliable companion? Heart & Home Companion Service is here to offer warmth, conversation and support through our companionship services.

Our companions can provide Weekly Home Visits, enjoy a friendly chat, a cup of tea in the comfort of your own home.

Whether you need a companion for yourself or a loved one, we're here to make each day brighter.

**For more information or if you would like to volunteer for any of these services, please contact us on 0300 302 0100 or email:
sally.clement@ageuknyd.org.uk**

Counselling at Age UK North Yorkshire & Darlington



At Age UK North Yorkshire & Darlington we offer Cognitive Behavioral Therapy and Psychotherapeutic Counselling to older adults (50 plus).

There are times in life when additional support can be helpful. There is real value in talking to a counsellor who can empathise and understand what you may be going through. You may be concerned about relationship problems, family issues, work-related stress, a recent or past trauma, depression, anxiety, insomnia, bereavement, loss or other life issues.

With support you can make sense of your life experiences, understand what could make a difference and work towards reaching your goals.

Counselling is provided at Bradbury House. The Wellbeing Room provides a comfortable, safe, confidential space for you to explore any difficulties you may be facing with an empathetic counsellor.

Contact us for more information and for a counselling form.
Telephone: 0300 302 0100

Fundraising and Gift Aid

At Age UK North Yorkshire & Darlington, we believe no one should feel alone. With your support, we provide vital services that bring people together, offer guidance, and create safe, welcoming spaces for meaningful face-to-face connection.

Contact us today for a fundraising toolkit and help us keep providing these vital services for your local community.

Did you know that if you make a donation to us at Age UK NYD you can help us raise more by selecting to 'Gift Aid' your donation. Make your gift worth even more, without costing you a penny- by simply completing some details on your donation envelope the tax office will give us 25p for every £1 you donate.

Thank you for your support, your donations and fundraising help keep our services running.

Legacies, Wills, Trusts and Power of Attorney

DS Wills- Will Writing and Estate Planning

Writing your Will is probably something you have thought about doing many times but just never got around to. But, did you know that the absence of a legally binding Will when you die can lead to your property and financial assets not reaching their intended recipients? In some cases, this can create serious financial difficulties for loved ones left behind.

Contact DS Wills for more information on:

Will writing, Lasting Power of Attorneys, Trusts, Inheritance Tax Planning, Probate, Asset Protection, Secure document storage, Pre-paid Funeral Plans.

Email: danielle@dswills.uk

Telephone: 01642 968707 or 07894 442942

Website: <https://www.dswills.uk/>



North Yorkshire
& Darlington
Let's change
how we age



Sound Bath Therapy

Last Friday of the month at 2pm
Sitting Sound Bath sessions- bring a
blanket if you'd like
£6 per session
prebooking is advisable

Come and Dance

Second Friday of the month: 1pm-3pm
Come and enjoy a dance to different
genres of music
£6 per session

AGE UK North Yorkshire and Darlington
Bradbury House
Beaumont street west
Darlington
DL15SX
01325 362832
enquiries@ageuknyd.org.uk



Chair Meditation

Wednesday Fortnightly:

11am- 12pm, £4 per session

Upcoming dates:

18th February, 4th March, 18th March,

1st April, 22nd April

Art for Relaxation

Wednesday Fortnightly:

11am- 12pm, £4 per session

Upcoming dates:

25th February, 11th March, 25th March,

15th April, 29th April

AGE UK North Yorkshire and Darlington
Bradbury House
Beaumont street west
Darlington
DL15SX
01325 362832
enquiries@ageuknyd.org.uk



"We were happy with the service from start to finish, stairlift working very well and it's very quiet."

Age Co Stairlift customer – feefo Nov 2024



Independent Living
Solutions that help
you feel confident,
and support the
work of Age UK too



AGE UK North Yorkshire and Darlington

Bradbury House

0300 3020100

Email enquiries@ageuknyd.org.uk

Call us today
for more information



**Get help in any
emergency, 24 hours
a day at the press of
a button**



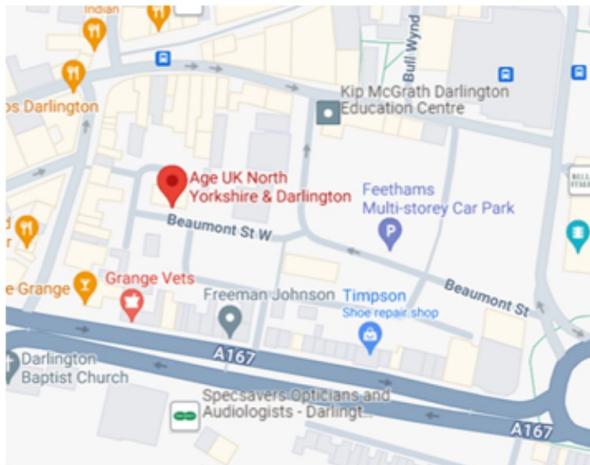
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enquires@ageuknyd.org.uk

<https://www.ageuk.org.uk/northyorkshiredarlington/>