

## Other Services:

*Age UK York provides a range of services for older people.*

*Our services include:*

- Befriending
- Care at Home (CQC Regulated Personal Care)\*
- Dementia Day Clubs\*
- Dementia Support and Advice
- Supporting Independence Service
- Home Help/Cleaning Service\*
- Information and Advice
- Money and Benefits Advice

To find out more about other services, please contact our First Call team on:

**Telephone: 01904 634061**

**Email: [firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)**

**Mon – Fri 9.30am - 3pm**

\*Chargeable service.



## Contact Us:

There are several ways you can contact us to find out about our Age UK York Social Clubs.

**Telephone: 01904 866071**

**Email Social Clubs:**  
**[day.clubs@ageukyork.org.uk](mailto:day.clubs@ageukyork.org.uk)**

**Or you can visit our website:**  
**[www.ageuk.org.uk/york/our-services/day\\_clubs/](http://www.ageuk.org.uk/york/our-services/day_clubs/)**

**Age UK York, St Edmund's House,  
Margaret Street, York YO10 4UX**

Registered Charity No: 1118346  
Registered Company No: 6006449

Age UK York is a non-profit making organisation



## Social Clubs

**At Age UK York we offer weekly sessions for people to meet others and enjoy a wide range of activities**





# Social Clubs

## What do we do?

We provide a happy, friendly and stimulating atmosphere for our members to enjoy. Our groups provide the opportunity to make new friends and to try new things.

Social clubs are held every week at various locations around York. We also run clubs for people living with dementia.

As a charity, our competitive prices help, but do not cover the costs of running the service as we want to make sure they remain affordable to local people recognising the challenges many face. Please contact us for further information.

## How can we help?

Refreshments are available at all our clubs. Transport to/from your home may be available, depending upon availability.

At our groups for people with dementia we offer a two-course hot meal.

We are unable to provide support with personal care and for those with complex care needs.

## What activities do we offer?

We offer a range of activities which include:

Singers and entertainers  
Speakers and slide shows  
Gentle chair-based exercises  
Crafts, quizzes and games  
Themed sessions and celebrations  
Indoor hockey, bowls / boccia and curling

We have good relationships with other organisations in York and can signpost you to them for more specialist support.



**Local.**

**Independent.**

**Here for You.**