Berkshire age UK
Let's change how we age



Our Services in Berkshire

Services and support for older people across Berkshire

Call us: **0118 959 4242**
Email us: **info@ageukberkshire.org.uk**
Visit our website: **ageukberkshire.org.uk**

Age UK Berkshire is a registered charity. Our charity number is 1146462.



You needn't feel bored or lonely... come and join us!

We have lots of events and activities happening across Berkshire. They are welcoming to all, and are dementia-friendly too. Visit our website or call 0118 959 4242 to find out more.

- Social groups & get-togethers
- Dementia Cafes
- Carers support groups
- Tai Chi
- Choirs, music & singing groups
- Seated Yoga
- Boccia (seated indoor bowls)
- Gardening
- Gentle exercise & movement classes



Welcome to Age UK Berkshire

At Age UK Berkshire we're committed to improving the lives of older people across the county. We've been providing advice, support, services, events and activities across Berkshire for over 50 years.

This guide has been designed to give you a quick summary of our services and activities, but if you need something different or want to know more, whether you need support for yourself or a loved one, get in touch*. We're always here to help.

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*See back page for contact details

Our free services







Information & Advice

Free

We provide comprehensive, independent and confidential advice on a wide range of topics, including benefits advice, how to find and access support for your needs, and much more.

This service is available **Berkshire-wide** to anyone over the age of 50.

Befriending

Free

Are you feeling a bit lonely, isolated or just in need of some good company? You'll be carefully matched with one of our friendly, DBS-checked and trained volunteers. They can either visit you at home or give you a call on a regular basis for a friendly chat, at a time to suit you.

This service is available **face-to-face** in **Reading**, **West Berkshire** & **Bracknell**, and by **telephone Berkshire-wide**.

Getting Out & About

Free

Are you feeling isolated or lacking confidence or motivation to do the things you usually enjoy, such as hobbies, social groups and shopping trips? We can help you reconnect to your community or find new interests.
Available in **West Berkshire** only.

Home from Hospital Service

Free

We offer a free service to help you settle back home after a stay in hospital. We can support you for a number of weeks with things like:

- Cleaning and light housework
- Food shopping
- Collecting medication
- Liaising with wards and health professionals
- Getting to appointments

This service is currently available to residents over 18 in the following areas: **Bracknell Forest**, **Wokingham Borough** and **Reading Borough**. (Support duration varies depending on need.)

Carers Support

Free

Being an unpaid carer for a friend or loved one can be isolating and challenging, but we are here to help with support, information and advice to help you in your caring role, including:

- Carer's rights and benefits advice
- Social groups and connection with other carers
- Focus on you: to look after yourself and stay well
- Future planning
- Carers Assessments and Carers Cards

Available in **Wokingham** and **West Berkshire & Reading** only.

Carers Breaks

Free

If you're a carer, you'll know how important is it to make time for you - to get out and away from your caring responsibilities for a bit, giving you the chance to rest and recharge.

We are currently running a pilot project offering FREE breaks to unpaid carers who care for a friend or loved one. Our experienced and supportive team will come and sit with your cared-for person whilst you get out and about for a coffee, a walk, appointments or just a short break.
Available in **Woodley** and **Twyford** only. (No personal care available)

Our chargeable services







Home Help Plus

£22 per hr

We can come to your home and help with whatever you need. This service is tailored to you, and can include:

- A one-off deep clean or regular weekly, fortnightly or monthly cleaning
- Shopping (for food and non-food items)
- Help with appointments, correspondence and bills
- Changing bedding, laundry, ironing, dusting and hoovering
- Helping to prepare light meals

There is a small charge for this service. Prices are checked regularly against other similar services. (Please note: We do not provide personal care)

Available in **West Berkshire**, **Reading** and **Wokingham**.

Easy Shop

£8 per order

If you find it difficult to get to the shops, we can help. We place your order with your chosen supermarket and arrange a delivery at a time to suit you. You can order weekly, fortnightly or monthly.

There is a small charge (plus the cost of your groceries). This service covers **most areas** of **Berkshire**.

Handy Person Service

£25 per hr

When something needs updating, fixing, or goes wrong at home, you need someone trustworthy and reliable to put it right. Our friendly, reliable Handy Person team can carry out a wide range of domestic DIY jobs including:

- Fitting smoke and CO2 detectors, bulbs and small electrical fittings
- Changing tap washers, fit grabrails and handrails
- Fitting keysafes, window and door locks, and draughtproofing

This service is available in **most areas** of **Berkshire**.

Your Move, Your Way

Get in touch for a guide price

Would you like help to move house or downsize?

The thought of moving can be daunting, but finding the right home for your current needs can be liberating. Our experienced, professional and supportive team are there every step of the way, (for as little or as much help as you need) to assist you in finding and moving to the right home for you.

Service available across **Berkshire**.

Dementia One-to-One Service

£22 per hr

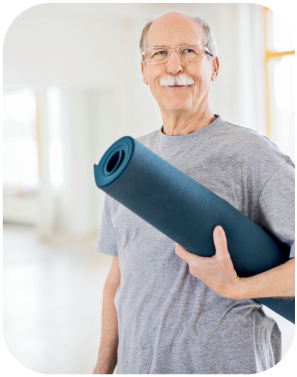
Our specially-trained and experienced support workers can help you care for a friend or loved one with dementia. The team work one-to-one with people with dementia, catering to their needs, interests and ability.

This service provides vital respite for carers and complements, rather than replaces, NHS or other adult care services.

Service available across **Berkshire**.

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Our events & activities



We run a wide range of events and activities for older people across Berkshire, many of which are free or low-cost, including:

- Gentle exercise classes
- Dementia cafes & social get-togethers
- Singing groups and choirs… and much more!

Everyone's welcome - come and join in!



Volunteer with us

Without our volunteers, we simply couldn't deliver the wide range of services we provide.

Our volunteers (from all ages and walks of life) are amazing. They run social groups, provide breaks for carers, make friendly phone calls, visit people recently discharged from hospital, provide office admin support, fundraise and more.

Does this sound like something you'd enjoy? If the answer is yes, we'd love to hear from you.

Get in touch...



Tel: **0118 959 4242**
Email: **info@ageukberkshire.org.uk**
Web: **www.ageukberkshire.org.uk**

Or come and see us. We're open **Mon-Fri, 10am-3pm** at our friendly, accessible office. You can find us at:

Unit 119, (upper level),
Broad St Mall, Reading, RG1 7QE

V2.6 Printed OCT 2026