

WHO WE ARE & WHAT WE DO



Blackburn  
with Darwen

**ageUK**  
Registered Charity No. 1143809

# GUIDE TO SERVICES

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

01254 266620

# Here for local older people

We are a local charity that supports older people aged 50 and over including those living with dementia through a range of community based services and activities. We hold a number of quality marks to give you peace of mind.

As an independent registered charity we are responsible for securing funding for all our services. We raise funds through our charity shop at 3 Market Street Darwen and also rely heavily on the generosity of local businesses, fundraising and donations.

Every penny counts; if you are able to support us with a donation, organise a fundraising event, ask for donations in memory or leave a gift in your will, you can help us continue to make a difference to the lives of Blackburn with Darwen's older people.

To support us visit our website [www.ageukbwd.org.uk](http://www.ageukbwd.org.uk) or scan the QR code



**INVESTORS IN PEOPLE**  
We invest in people Standard



Registered with  
**FUNDRAISING  
REGULATOR**



# How to access our services and get in touch

Our services are available to everyone aged 50 and over and you can self refer.

We offer a strength based approach helping you to remain as independent as possible. In order to cover our essential costs some of our services charge a fee - more details are on our website and you will be advised upon contact when this applies

**Telephone 01254 266620 Monday- Friday 9am - 4.30 pm**

## Head Office

4 King Street  
Blackburn, BB2 2DH  
9am to 4.00pm

## Darwen Charity Shop

3 Market Street  
Darwen, BB3 1AZ  
9.15am to 4.30pm  
Closed Sunday

## Blackburn Library

Town Hall Street,  
Blackburn, BB2 1AG  
10am to 4pm

## Darwen Town Hall

Croft Street  
Darwen, BB3 1BG  
9.30am to 1pm  
Closed Tuesdays

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

**Visit our website** [www.ageukbwd.org.uk](http://www.ageukbwd.org.uk)

**Contact us via our social media** @ageukbwd



# Services that keep you in the know

## Advice and Information

This quality assured free service offers advice and information on a range of issues affecting older people and their carers.

Based in Blackburn Library, and Darwen Town Hall and offering home visits, the service can support with pensioner benefits and entitlements, pensions, utilities, form filling, housing and consumer issues. No problem is too small.

## Digital

Help and support to get online. Our 1 to 1 sessions take the 'fear out of tech' and our patient tutors show you simply what you need to know and do online using your own equipment or mobile phone.

We offer 1 to 1 lessons (a small charge applies). We also offer short term loan of a tablet, and help to access the internet.

## Why choose us

- Fully trained advisors and tutors
- Home visits
- Confidential individual approach

## How it helps

"I am much better off now after your help, you've made such a difference."

"I have managed to speak to my family on Skype - it has changed my life."



# Services that support physical and emotional wellbeing

## Active Ageing

A range of local activity sessions to help you improve your health and make new friends.

Sessions across the borough including walks, tai chi, yoga, bowling and exercise. A small charge applies to most activities.

## Befriending

Regular telephone calls and home visits by matched volunteers to those who are housebound, living alone and need extra support to get out and about



## Social Inclusion

Social activities and groups to support all tastes in a safe ,welcoming and friendly environment.

We offer a brew and a chat, music and singing sessions, a men's group and other special interest sessions.

## Why choose us

- All volunteers are DBS checked
- Trained staff and volunteers
- Welcoming non judgmental approach

## How it helps

" I really enjoyed that. It's been a good walk down memory lane. "



# Services for those living with dementia and memory loss

## Memory Makers

Specialised activity sessions for adults struggling with their memory in both Blackburn and Darwen. A small charge applies.

Small group sessions in both Blackburn and Darwen which use an innovative approach using discussion, quizzes and activities to stimulate and maintain memory function in a safe and fun way

## Wayfinder

Free support and guidance to those who have a dementia diagnosis, carers and families to enable them to live well.

Dedicated case worker along the dementia journey offering assistance with navigating the care system, support and guidance for carers, help with benefits and entitlements, and a friendly listening ear.



## Why choose us

- Safe supportive environment
- Trained and DBS checked staff and volunteers
- Tailored support

## How it helps

"I have a happy time at the groups and I am laughing more."

"Thank you so much it's very difficult to find someone to talk to when its about mental health but you have been there to help me."



# Services that support with Health and Care

## Community Day Care

Specialist day time support offered from local community centres following a social services assessment of need.

Trained staff deliver a person centred approach to personal care and activities whilst catering for nutritional needs. Accessible transport is also available for those who need it.

## Integrated Care

Coordinated support and help to those who live in Blackburn with Darwen or are registered with a Blackburn with Darwen GP and who are struggling to manage long term health conditions.

We offer information, advice, guidance and practical support to help improve self care, confidence and resilience.

## Nail Care

Clinic based toe nail cutting service. Our NHS trained nail technicians operate clinics around the Borough offering a toe nail cutting service with an optional relaxing footbath and foot massage.

This is a charged for service and unfortunately we cannot offer the service if you have been diagnosed with certain medical conditions.

## Why choose us

- Individual approach
- Carer support
- Early intervention to prevent deterioration of health and wellbeing

## How it helps

"Since my mum attended day care services she has gained so much confidence."

"I'll be able to sprint home now." - nail care user



# Volunteering

Our volunteers underpin all that we do as a local charity offering their time, experience and enthusiasm. Many of our services would not be able to operate without their support.

Volunteering is more than giving time though and our volunteers also make new friends, develop new skills and join a team that pulls together for the benefit of older people.

We have a wide range of flexible volunteering roles across all of our services and activities. Please visit our website for more information and to apply or scan the QR code.



# Charity shop



Our Charity shop in Darwen sells a wide range of clothing, homewares, household goods, children's, and nursery items. We are always grateful for donations and if you are able to gift aid your items when you donate at no cost to you that helps us to raise more income to support our services. You can also shop with us online :

 eBay - <https://www.ebay.co.uk/usr/soldforold01>

 Depop - <https://www.depop.com/3marketstreet/>

# AGE UK BLACKBURN WITH DARWEN ACTIVITY PROGRAMME

	Activity	Where	Time	Frequency	Cost	Notes
Monday	Mens Group 50+	Meeting Places Darwen BB3 1BG (Next to Gregg's bakery)	12pm - 2pm	Weekly	£1 Donation	Join us for a brew, informal chat & games
	Walking Football over 50's	Darwen AFC Anchor Road Darwen BB3 0BB	1.30pm - 2.30pm	Weekly	£3	No previous experience or ability required
	Activity	Where	Time	Frequency	Cost	Notes
Tuesday	Tai Chi	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	10.30am - 11.30pm	Weekly	£3	
	Tai Chi	Mill Hill Community Centre Blackburn BB2 4DT	12 Noon - 1pm	Weekly	£3	
	Seated Tai Chi	Livesey Library Blackburn BB2 5NX	1.30pm - 2.30pm	Weekly	£3	
	Talk and Tunes 50+	Albion Mill Community Hub Blackburn BB2 4LX	2.30pm - 3.30pm	Weekly	£1	Join us for a brew, a chat and a sing-a-long
	Activity	Where	Time	Frequency	Cost	Notes
Wednesday	Walking Group	Witton Park Blackburn	10.30am	Weekly	Free	Meet Witton Park entrance - 1 mile walk
	Remember the Rovers	2nd floor Darwen end Stand, take lift to 2nd floor and turn left	10.30am - 12Noon	Weekly	Free	Reminiscing the past of Blackburn Rovers
	Mens Group 50+	Blackburn Central library	1pm - 3pm	Weekly	£1	Join us for a brew, informal chat & games
	Observatory Group	The Observatory Pub Blackburn BB2 3HG	1.30pm - 3.30pm	Fortnightly	Free	
	Yoga	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	6pm - 7pm	Weekly	£5	For those experiencing menopausal symptoms
	Activity	Where	Time	Frequency	Cost	Notes
Thursday	Walking Group	Sunnyhurst Woods Darwen BB3 1QX	10.30am - 12.30pm	Weekly	free	Meet at Falcon Avenue
	Tai Chi	Online Zoom	11.30am - 12.30pm	Weekly	free	ID 942 9668 9551 Password 301150
	Ten Pin Bowling	Ten Pin Bowling Blackburn BB1 N1AQ (Vue Cinema)	2.30pm	Weekly	£6.00	2 games
	Activity	Where	Time	Frequency	Cost	Notes
Friday	Crown Creen Bowling	Lower Darwen URC Bowling Green (behind the URC Church at the bottom of sandy Lane)	10am - 12 noon	weekly	Free	May to September
	Seated Exercise	The Barlow Institute Edgworth BL7 0AP	2pm - 3pm	Weekly	£3	
	Wild Swimming	various locations inc River Ribble	various times	weekly	Free	Please ring for more info

**For more information contact:** Age UK Blackburn with Darwen 4 King Street Blackburn BB2 2DH  
**Tel:** 01254 266620 **Email:** enquiries@ageukbwd.org.uk



**Please note that from time to time activities are subject to change so please check with us before attending for the first time**

# Need to know

## Safeguarding

We are committed to the Safeguarding of vulnerable adults who both use our services directly and contact us for advice and support. If you have any concerns about your own safety and wellbeing or that of somebody else please contact us on 01254 266620 and ask to speak to our safeguarding lead.

## Data Protection Information

We collect, use and store (called 'processing') personal data relating to our service users, and customers in order to enable us to offer services, products and help and guidance and to be able to keep people up to date with our work and plans. We need to keep this information to fulfil the request you have made to the organisation.

When you contact the organisation we will ask you for your consent to keep your data and also how we can contact you and for what purposes. All our data is stored and disposed of securely in line with current data protection regulations.

A full version of our privacy notices regarding data can be viewed at [www.ageukbwd.org.uk](http://www.ageukbwd.org.uk) where you can also see our confidentiality, data and record management policy

# Talks to groups

We offer talks to community, faith and interest groups, schools and academic organisations about our work and services. We can deliver workshop sessions, and more formal presentations to both small and larger groups. This is a free service but donations are very welcome and help support our local services and activities.



Visit our website - [www.ageukbwd.org.uk](http://www.ageukbwd.org.uk)

Follow us on social media @ageukbwd

