



***Age UK***  
***Bradford District***

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***Helping you to live your best life***

# *Your support helps me to feel less alone*

*Thanks to your support, Age UK Bradford District was able to work with thousands of lonely older people in the area last year. We would like to work with more.*

*Every time that you make a purchase at one of the Hubs; provide some items for us to sell or make a financial donation, we are able to positively impact upon the lives of older people living in Bradford District. Thank you for your support.*

# Welcome

*Age UK Bradford District has made significant achievements in its many years engaging with older people. Looking forward, our strategy commits us to going even further to enable, empower and support people to live well as active, engaged and influential members of their communities.*



***Our goal is to value everyone's future, create age friendly communities and put people first. Simply, we want people to live their best life.***

We will work with individuals, our amazing volunteers and other groups and resources in the community to build a package that responds to their identified needs.

In the following pages you will find out the types of ways we can help and how to contact us.

We also outline how you too can get involved, whatever your age, background or interests, in helping us deliver our ambitions for Bradford District through volunteering, fundraising, supporting us by shopping at the Hubs or letting us know how you think you can help – however that may be.

Here at Age UK Bradford District we do this by focussing on people, learning about and building on their individual strengths, experiences, interests and abilities, whatever community they live in or are part of, to ensure that they:

- **Feel healthier**
- **Feel less alone**
- **Feel like themselves again**
- **Are more financially secure**
- **Are more connected**
- **Are more independent**
- **Feel happier**

# Your Community Hubs

**Age UK Bradford District have six Community Hubs, each one offering a range of functions – Information, Help and Support, Advice and Activities, focusing on the needs identified by local older people and working with the skills and resources from Bradford’s diverse neighbourhoods and communities to support older people. They still provide places to have a good shop too!**



The Community Hubs serve the following communities:

- ✓ Bradford East
- ✓ Bradford South
- ✓ Bradford West
- ✓ Keighley and Ilkley
- ✓ Shipley and Bingley

The six Community Hubs are based in Allerton, Idle, Keighley, Queensbury, Shipley and Wrose (see page 8 for details).

In each Community Hub you can access the full range of our programmes more locally and responsively than we have been able to provide previously.

Everyone is welcome at the Community Hubs, so if you're in the area please pop in, say hello and check out how we may be able to help you or someone you care for.

Each area has a Community Development Coordinator who is responsible for engaging with communities and building Age UK Bradford District's offer across the area, developing over time.

# How we can help you



*We have talked to older people across Bradford District about what makes a good life. They said it was family and friendship, health, finance, home and community.*

Older people told us, we listened, and we have acted to make sure that Age UK Bradford District is all about working with you to connect people to the information, help and support, advice and activities that older people need to live their best life through a range of programmes.



## Information

- ✓ Lifestyle Connections: providing information points to connect you to the information you need to have choice and control in your life and community
- ✓ 1:1 connections: providing a listening ear and someone to have a quick chat with in all our hubs
- ✓ Home Connections: repairs and maintenance by trusted traders, gardening services, home adaptations and cleaning
- ✓ Community Connections: linking you to activities and events in your community

## Help and Support

- ✓ 1:1 Connections: one to one support, confidence building and friendship
- ✓ Digital Connections: sharing and developing IT skills and knowledge
- ✓ Community Connections: linking your skills, interests and abilities with people who need them through volunteering opportunities, community buddies and neighbourhood champions and ensuring that your voice is heard by those making decisions that affect your community

## Advice and Casework

- ✓ Lifestyle Connections: connecting you to the advice and casework support you need to make decisions about your life and to help you to be legally and financially secure

## Activities

- ✓ Active Connections: helping you to keep fit and healthy
- ✓ Creative Connections: learning and sharing skills and interests
- ✓ Social Connections: social groups and events run by you, with you and for you

## Contacts

**To make a referral or request a service, please get in touch:**

Age UK Bradford District  
75 Wrose Road  
Wrose  
Bradford  
BD18 1HX

Email:  
[info@ageukbd.org.uk](mailto:info@ageukbd.org.uk)  
Tel: 01274 391190

### Office hours

Monday to Friday:  
9.30am to 3.00pm

# *Our promises to people that we work with and support*



You're ***listened to*** and treated with ***dignity and compassion***.



Your faith and culture are ***respected*** and valued.



You will ***not be discriminated against*** on any basis.



You're at the heart of decisions about ***your life***, we will work with your choices and support you to implement ***your decisions***.



You can use ***your experience*** to help shape, develop, deliver and improve projects.



We will ***listen*** to you carefully and respond to ***your needs promptly***.



We will ***not make assumptions*** about your needs or abilities.



Where we can't help we will ***assist you to access*** the most appropriate support for your needs.



We will put ***your interests, needs and choices*** first.

## ***Our Charter***

Age UK Bradford District is committed to delivering an outstanding level of service to everyone that we work with. Read our full Charter which sets out what this commitment means in practice, what the people that we work with can expect from us and what we expect from them in return.

You can download the full Charter from our website or a copy is available on request from one of our team.

# Shopping at the Community Hubs

*The six Community Hubs are great places to find bargain clothes, books, DVDs, household goods, and even furniture.*

## You can find our Community Hubs at:



### Bradford West Hub

338 Allerton Road, Allerton  
Bradford, BD15 7BN  
01274 494805



### Bradford South Hub

22 High Street, Queensbury  
BD13 2PA  
01274 884736



### Bradford East Hub

45/47 Bradford Road  
Idle, BD10 9PB  
01274 618696



### Shipley and Bingley Hub (Shipley)

Unit 4/5 Arndale Mall  
Shipley, BD18 3QQ  
01274 531556



### Keighley and Ilkley Hub

Unit 8 Airedale Centre, Cooke Lane  
Keighley, BD21 3PF  
01535 610100



### Shipley and Bingley Hub (Wrose)

75 Wrose Road, Wrose  
Shipley, Bradford, BD18 1HX  
01274 028188

## Gift Aid

Your donations could be worth **25% more** (at no extra cost to you) when you Gift Aid it.

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Your donations could be worth 25% more (at no extra cost to you) when you Gift Aid it. This is a scheme that allows charities to claim back the tax paid on donations which means we get more out of any money you give to us.

Also, we will **get an extra 25p for every £1** we make selling items that you donate to our charity shops under Gift Aid. All you have to do is complete our short Gift Aid form as you drop off your items. Our staff and volunteers will be happy to answer any questions.

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## *Your support helps me to feel like me again*

*Thanks to your support Age UK Bradford District is able to reconnect thousands of people with the things that matter to them. Every time that you make a purchase in one of our Community Hubs; provide some items for us to sell or make a financial donation, we are able to positively impact upon the lives of older people living in Bradford District. Thank you for your support.*

# Could you be an Age UK Bradford District Buddy?

Here at Age UK Bradford District our main focus is to help people to live their best life. We do this by valuing everyone's future, developing age friendly communities and putting people first. Ultimately we want the people we work with to be happier and our staff and volunteers are dedicated to achieving this goal. And now we have a new friend to help us and so we would like to introduce you to Buddy!

Say hello Buddy!

As you may have noticed, Buddy has an amazing ability to make people smile. You did, didn't you? We do every time we see him!

He isn't known as the happiest animal on the planet for nothing!

All the money that we generate from the Buddy Scheme goes towards delivering the services to older people across Bradford District that they have told us they need. The things that make their lives better. The things that make them happier.

And we would love you to become involved.



## Become an Age UK Bradford District Buddy

Either on an individual or company basis you could become a Buddy today! For a one-off annual payment or a regular monthly donation you would receive the following benefits:

- ✔ Invitation to a Buddy Event every year
- ✔ Recognition of your contribution on our website
- ✔ Quarterly Newsletter about our work
- ✔ Discount Card for all our Hubs
- ✔ Annual Thank You Card
- ✔ And the knowledge that you would be directly supporting our work with older people throughout Bradford District

## Become an Age UK Bradford District Buddy Today and Pay What You Can!

Whether you're an Individual Buddy or a Team (Corporate) Buddy, we would love you to join us. Simply decide what you are able to contribute and join our Buddy Scheme by going online at [ageuk.org.uk/bradforddistrict](http://ageuk.org.uk/bradforddistrict) or email [info@ageukbd.org.uk](mailto:info@ageukbd.org.uk).

- £2/month enables us to support 10 older people with Telephone Buddies
- £3/month enables us to support 3 older people with Home Buddies
- £5/month enables us to deliver an additional activity session for an average of 10 older people
- £10/month enables us to fund and support engagement with 6 older people who are in crisis
- £20/month enables us to recruit and train a new volunteer who will provide support to 30 older people on an ongoing basis
- £50 enables us to support 20 older people with Telephone Buddies
- £100 enables us to support 10 older people with Home Buddies
- £200 enables us to provide casework and representation services for an older person by engaging with them in their own home
- £250 enables us to recruit and train 1 new volunteer who will provide support to 30 older people on an ongoing basis
- £500 enables us to fund and support engagement with 25 older people who are in crisis

## Thinking about volunteering?

Volunteering is a great way to meet new people, learn new skills, and support the work we do in the community.

We would be delighted to hear from you if you might be able to help in one of our Community Hubs, or by providing individual support in the community or supporting one of our group sessions. We also have roles in administration, fundraising and events.



# VOLUNTEER

Be a friendly face, work as part of a team  
and help support your community.

*If you're interested in finding  
out more please email us  
[volunteering@ageukbd.org.uk](mailto:volunteering@ageukbd.org.uk)  
or by phoning 01274 391190.*

## How to get in touch or find out more about Age UK Bradford District



01274 391190



[info@ageukbd.org.uk](mailto:info@ageukbd.org.uk)



[ageuk.org.uk/bradforddistrict](https://ageuk.org.uk/bradforddistrict)



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