



## Age UK Bury - Support during the lockdown

### Telephone helpline and online support

We will be answering the Age UK Bury office telephone – **0161 763 9030** - from 10.00 am to 2.00 pm every weekday throughout the lock down. If we cannot help, we are sure to find someone who can! If you get the answerphone, please leave a message and we will get back to you as soon as possible.

Our **weekly email newsletter** comes out on Friday. Please click onto [our subscription page](#) to receive your free copy. Your information will not be passed onto any third party and you will be able to unsubscribe at any time.

We will update people with latest news on

- Facebook page: <https://www.facebook.com/ageukbury/>
- Twitter <https://twitter.com/AgeUKBury>
- Website [www.ageukbury.org.uk](http://www.ageukbury.org.uk)

### Information and Advice

Our information and advice service supports people with benefit checks and filling in application forms for Attendance Allowance.

Please send an email to [info@ageukbury.org.uk](mailto:info@ageukbury.org.uk) or call **Louise** on **07872 067662** (Monday to Thursday) or **Ruth** on **07547 400142** (Tuesday to Friday).

### Keeping In Touch

Our Keeping in Touch telephone service offers older people in Bury a regular friendly phone call from one of our volunteers.

For more information, call **0161 763 9030** (Monday to Friday 10.00 am to 2.00 pm) or email [jane@ageukbury.org.uk](mailto:jane@ageukbury.org.uk) to sign up.

### Foot Care Appointments

Dougie, our Foot Care Practitioner, will be at the Jubilee Centre from 10.00 am to 2.00 pm on **Tuesdays beginning 17<sup>th</sup> November**. Each appointment costs £20. Please call in advance to make an appointment. Call **0161 763 9030** to book.

## Online Activities

Sue holds a Tai Chi class online on Fridays at 11.00 am on the Zoom video app. Send an email to [taichi.college@yahoo.co.uk](mailto:taichi.college@yahoo.co.uk) or message Sue via Facebook at [m.me/taichiandwildgooseqigongbury](https://m.me/taichiandwildgooseqigongbury) for an access code.

Diana will be live on our Facebook page on Mondays and Wednesdays.

- Monday: 11.00 to 11.30 am: Gentle Exercise
- Monday: 11.40 to 12.10 Chair Based Exercises
- Wednesday: 11.00 to 12.00 am: Pilates

If you can't make these times, Facebook will let you watch at a later time. Join us at <https://www.facebook.com/ageukbury/>

## Handyperson Service

Our service helps with small DIY and repair jobs such as fitting handrails and security locks, putting up shelves, curtain rails and wall decorations; assembling flat pack furniture; minor plumbing, painting and decorating work and changing light bulbs. All work will be carried out adhering to Covid-19 regulations to protect you and Andrew, who is our Handy Person Manager.

Written quotes will be given for all work. Prices are dependent on the scale and length of work being done. If you have a couple of small jobs which could be completed in an hour, it would cost £30 plus materials.

We are also working with trusted traders to help people with specialist work (e.g. replacement of boilers, roofing etc). Contact Sue on **0161 796 6949** (Office hours 08:30 am – 4:00 pm, Tues / Wed / Thurs) or email [hp@ageukbury.org.uk](mailto:hp@ageukbury.org.uk)

## Key Safe Service

For people needing care in their home, we have key safes which can be installed for free. Contact Sue on 0161 796 6949 (Office hours 08:30 am – 4:00 pm, Tues / Wed / Thurs) or email [hp@ageukbury.org.uk](mailto:hp@ageukbury.org.uk)

## Help from our National Partner, Age UK

The **Age UK Advice Line** is **0800 678 1602** from 8 am to 7 pm, every day of the year.

If you would just like to have a friendly natter with another person, please call **The Silver Line** 24 hours a day on **0800 470 80 90**.