

Our Services

Age UK Cambridgeshire and Peterborough

Working in the community to support older people, their families and carers.

Our Services:

- **Information and Advice**
- **Practical Support**
- **Social Opportunities**





Our Services

Age UK Cambridgeshire and Peterborough is your local independent charity working with and for older people across Cambridgeshire and Peterborough.

Our objectives are to help older people to maintain their independence, health and wellbeing, by providing services to meet individual needs.



Information and Advice

For Who: Anyone seeking advice for someone over 60

Where: Countywide

Cost: Free Service

We provide a free and confidential information and advice service for older people, their families, carers and professionals to support making informed decisions on matters such as welfare benefits, housing, care choices, health, and much more. We have a range of free factsheets and guides.

infoandadvice@ageukcap.org.uk | **0300 666 9860**

Girton Older Residents' Co-ordinator

For Who: Over 60s

Where: Girton

Cost: Free service

We work alongside statutory, voluntary and community groups in Girton to support existing groups and help older residents to access them. We link residents with appropriate services, identify gaps in provision and where possible develop new groups to encourage socialising to promote health and wellbeing.

gorc@ageukcap.org.uk | **07469 660 866**

Community Warden

For Who: Over 60s

Where: Various villages/wards/towns please check website for locations

Cost: Chargeable service

Flexible assistance to meet the individual's needs to remain living independently and safely at home. Providing reassuring daily contact (Mon-Fri) either in person or by telephone call. Support with practical tasks such as light shopping to ensure a sense of security and wellbeing.

Free 2-week trial.

wardens@ageukcap.org.uk | 07944 181 307 | 07812 496 004

Cambridgeshire Handyperson

For Who: Over 65's or any adult (18 or over) with a disability, whether short or long term.

Where: Cambridge City, South & East Cambs, Hunts and Fenland

Cost: Chargeable service

We support the prevention of falls and accidents in the home. We offer a free Home Safety Check to advise on aids and adaptations e.g. grab rails. We support safe and timely Hospital Discharges with key safe and grab rail fitting, and bed/ furniture moves. We also carry out general DIY tasks, e.g. building flat pack furniture, putting up blinds, curtain rails etc.

chp@ageukcap.org.uk | 01480 700 205

Hospital Discharge and Admission Avoidance Support Service

For Who: Over 60s

Where: Countywide

Cost: Free service

We support safe discharges home from hospital, or can support those at home to prevent an admission or readmission. We offer an assessment in your own home to identify personal needs. Our wraparound, holistic service supports the regaining or retaining of independence.

HDsupport@ageukcap.org.uk | 01354 691896



Day Services

For Who: Over 65s

Where: Centres located in Cambridge, Peterborough, March and Wisbech

Cost: Chargeable service

Day Services offers an opportunity to socialise in a happy and stimulating environment. Trained staff focus on supporting your health, wellbeing and keeping you independent. It also offers much needed respite for carers.

dayservices@ageukcap.org.uk | **01733 806336**

Friendship Clubs

For Who: Over 60s

Where: Mostly in the Peterborough area, please enquire or look on our website for venues.

Cost: Chargeable service

A place to enjoy the company of others whilst taking part in activities, entertainment and trips. We support the set up of new friendship clubs that are run independently by volunteers with our guidance.

friendshipclubs@ageukcap.org.uk | **01733 352213**

Sharing Time and Telephone Befriending

For Who: Over 65s

Where: Countywide

Cost: Free service

Our volunteers offer regular contact, sharing their time, either by a home visit or a weekly telephone call, providing friendship and support to help reduce feelings of social isolation and loneliness.

sharingtime@ageukcap.org.uk | **01733 554963**



Volunteering

For Who: Over age of 18yrs

Where: Countywide opportunities

We have a variety of volunteering opportunities - please get in touch to find out more.

volunteering@ageukcap.org.uk | **01223 221925**

Get Involved

Why not get involved and help Age UK Cambridgeshire and Peterborough to continue providing high quality services to people in later life?

If you have some spare time, there are lots of things you can do, whether you want to give your time by volunteering, take part in a fundraising event, help with our campaigns, or partner with us as a business, your help and support would be much appreciated.

- Volunteering
- Fundraising
- Make a Donation
- Leave a legacy
- Make us your Charity of the Year



How will your legacy make a difference for the local community?

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Your legacy will enable us to help **more** local older people, supporting them in times of need and during loneliness.

Please ensure your donation is made to our local charity **Age UK Cambridgeshire and Peterborough** (use full name).

For further information on how you can help us please contact 0300 666 9860.

0300 666 9860
donate@ageukcap.org.uk

Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856