
Girton Older Residents' Co-ordinator



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

Contact Us



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“I couldn’t have sorted
this out on my own.
I really appreciate
the help provided.”



Girton Older Residents' Co-ordinator



The Older Residents' Co-ordinator works alongside statutory, voluntary and community groups in the south Cambridgeshire village of Girton to support existing groups and help access to them, link residents with appropriate services, identify gaps in provision and where possible develop new groups, encourage socialising to increase health and well-being.

New ideas are always welcome to help residents have the best possible quality of life.

The Co-ordinator works closely with statutory, voluntary and community groups locally.

So far local residents have been invited to attend computer courses and a talk on scams and safety.



Further events such as exercise classes and afternoon tea are currently been planned and we always welcome your ideas which support older people to remain part of their community.

Support offered:

- Assistance with forms and applications including welfare benefits, blue badges and grants etc
- Information about and/or referral to social groups and leisure activities
- Help to access a variety of services
- Support to access care provision

Our Services



Age UK Cambridgeshire & Peterborough offers a variety of services for older people and their carers.

Information and Advice Services:

Including Visiting Support Service for Older People

Practical Services:

- Community Wardens and Support at Home
- Home Support Service (Housework)
- Cambridgeshire Handyman Service

Social Opportunities:

- Day Services & Friendship Clubs
- Sharing Time
- Volunteering

We also:

- Campaign on issues that affect older people
- Offer **free** talks to clubs and professionals
- Host General Meeting events – providing information, entertainment and opportunities to gather public views and opinions
- Have meeting rooms available for hire in Cambridge and Peterborough



For more details about any of our services, please call us on: **0300 666 9860** or email **infoandadvice@ageukcap.org.uk**



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, or help with our campaigns, your help would be much appreciated.

- Volunteering
- Fundraising
- Make a Donation
- Leave a legacy

[www.ageuk.org.uk/
cambridgeshireandpeterborough/get-involved/](http://www.ageuk.org.uk/cambridgeshireandpeterborough/get-involved/)





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Supported by:

Girton
TownCharity

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