

---

# Friendship Clubs

---



---

# Supporting your wellbeing and independence

---

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

---

## Contact Us



01733 352 213



friendshipclubs@ageukcap.org.uk



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



@AgeUKCAP



@AgeUKCAP



“I like coming out to  
**meet people**  
as I live on my own  
and get lonely.”



## Friendship Clubs



We support a number of clubs in and around the Peterborough area, with more clubs being developed and introduced across Cambridgeshire. The clubs are independent and run by volunteers, with Age UKCAP support and guidance.

The clubs meet once a week and offer a place to enjoy the company of others, and some provide a home cooked lunch.

You can access information and advice, take part in a wide range of activities and on occasions the clubs also offer various entertainment, trips and outings.



Please contact us as for more information, ideas for other venues or if you could help run a club.



---

## Our Club Venues

- Bretton Friendship Club
- Central Peterborough Friendship Club
- City East Peterborough Friendship Club
- Eye Friendship Club
- Glington Friendship Club
- Netherton Friendship Club
- Orton Friendship Club
- Paston and Gunthorpe Friend-ship Club
- Somersham Friendship Club
- Stanground Chat Club
- Thorney Friendship Club
- Werrington Friendship Club

Further clubs are being established - please check with us.

---

## 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
- Home Support (Housework & Shopping)
- Cambridgeshire Handyperson Service
- Hospital Discharge and Hospital Admission Avoidance Support

### **Social Opportunities:**

- Day Services & Friendship Clubs
- Sharing Time & Telephone Befriending
- Volunteering

### **We also:**

- Campaign on issues that affect older people
- Offer **free** talks to clubs and professionals
- Hold fundraising events and activities



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

---





#ProudtobeAgeUK

---

## **Age UK Cambridgeshire and Peterborough**

L24,  
South Fens Business Centre,  
Fenton Way,  
Chatteris,  
Cambridgeshire,  
PE16 6TT

Tel: 0300 666 9860  
[www.ageukcap.org.uk](http://www.ageukcap.org.uk)



Find us on facebook and twitter

Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856  
Registered Office: L24, South Fens Business Centre, Fenton Way, Chatteris, Cambridgeshire, PE16 6TT.

---