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# 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.

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## Contact Us



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



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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, link residents with appropriate services, identify gaps in provision and where possible develop new groups, encourage socialising to increase health and well-being.

The Co-ordinator helps support and implement community groups and events such as exercise classes, afternoon teas and group walks to enable older people to make and retain friendships, feel part of their community and enabling the best quality of life.

If you have any ideas of groups or events that you would like to see in the future, please contact the co-ordinator directly to discuss further.





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### Support offered:

- Help to access a variety of services
- Information about and/or referral to social groups and leisure activities
- Support individuals to be confident to attend groups and use services
- Work in partnership with other organisations and the Girton Community Warden, making onward referrals
- Develop and introduce new groups
- Help to access a variety of services

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## Our Services

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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)**

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## 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/)**



## **Age UK Cambridgeshire and Peterborough**

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Supported by:

**Girton**  
TownCharity

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