

Our Services



Information Services



Social Opportunities



Practical Support

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 and health and wellbeing, by providing services that meet individual needs.

Contact Us



0300 666 9860



infoandadvice@ageukcap.org.uk



www.ageukcap.org.uk



@AgeUKCAP



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We believe that age needs respect.

It needs kindness.

Sometimes it needs help.



Information Services



Information & Advice

We provide free information so older people and their carers can make informed decisions on matters such as: benefits, housing, care choices, health and guidance on completing forms and applications. We have a range of useful free fact sheets and guides.

Visiting Support Service for Older People

We can give extra support when most needed; particularly when experiencing a difficult period, such as bereavement, ill health, financial or housing concerns, negotiating complex statutory situations.

Girton Older Residents' Co-ordinator

We work alongside statutory, voluntary and community groups in Girton to support existing groups, linking residents with appropriate services.



Social Opportunities

We provide opportunities to socialise, make friends and receive support.

Day Services and Friendship Clubs

Our services and clubs offer an opportunity for older people to socialise, enjoy activities, entertainment and have a meal.

Sharing Time

Our trained volunteers offer weekly friendship and support, sharing time with an older person to reduce feelings of loneliness and social isolation.

Volunteering

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



Practical Support



We offer a range of support so that an older person can feel happier in their own home, stay safe and remain independent.

Cambridgeshire Handyperson, Home Checks and Home Energy Checks

We aim to prevent falls and accidents in the home. We carry out Wellbeing Checks and provide equipment and adaptations to lessen the risks. We also enable people to be discharged from hospital at the right time with correct adaptations made to their home.

Community Wardens and Community Support at Home

Help to live in own home with support, providing daily contact, reassurance and general help to remain independent.

Homes

Help with household tasks such as cleaning, laundry and ironing.

Gardens

Low level maintenance jobs such as grass cutting, weeding and trimming hedges.



Some services are charged for and not all services operate in all areas. Please contact us for details. Referrals can be by carers, professionals or self-referral.



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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For more information visit your nearest Age UK office[^]

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Call 0800 032 9906*



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