

Insurance, Products and Services

Most of us want to remain independent and to keep doing things in life we love most. Age UK Enterprises offers a wide range of products and services for the over 50s.

Find out if we can help you with:

- Home Insurance
- Car Insurance
- Motor Breakdown
- Travel Insurance
- Funeral Plan
- Personal Alarms
- Wills and Legal Services

Call us on 01733 307124

(Direct dial to Age UK Enterprises Insurance, Products and Services only)

Age UK Home, Car and Travel Insurance are administered by Ageas Retail Limited.

Age UK Motor Breakdown is provided by Intana Assistance.

Age UK Funeral Plans are provided by Dignity. Brought to you by Age UK Enterprises Limited.

Age UK Personal Alarms are provided by PPP Taking Care Limited and brought to you by Age UK Trading CIC.

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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: 2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP. T: 01354 696650



Our Services

We believe that age needs respect.
It needs kindness. Sometimes it needs help.



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 that meet individual needs.

Information & Advice Service

We can offer this service over the telephone, face to face appointments or home visits, providing you with **FREE** information on a range of issues including: benefits, housing, community care, general health and wellbeing, guidance on completing forms and applications. We have a range of useful **FREE** fact sheets and guides.

Practical Services

We offer a range of support so that you can be happier in your own home, stay safe and remain independent.

Home Checks: Working alongside Adult Social Services Occupational Health teams we can assess your home for aids and adaptations to enable you to keep safe in your own home.

Home Support: Help with household tasks such as cleaning, laundry, ironing, shopping, meal preparation etc. Charge applies.

Gardening: One off or regular gardening jobs to help keep your garden neat and tidy. Charge applies.

Contact us on

0300 666 9860

or email infoandadvice@ageukcap.org.uk

Social Support Services

We offer a range of health and wellbeing services, which include: **Day Care Centre based at Steve Woolley Court:** Providing friendship and social activities. Small charge applies.

Friendship Clubs: Across the city and its borders there are 11 Friendship Clubs that meet regularly. The clubs organise outings, quizzes and guest speakers: many of them offer a fresh cooked two course lunch. Small charge applies.

Sunday Lunch Club: Meets every other Sunday at Mellows Close in Peterborough for a home cooked two course Sunday Lunch, activities and social contact. Small charge applies.

Befriending: We can visit you in your own home for one hour per week for company and conversation to help prevent feelings of loneliness. **FREE** Service.

Volunteering: We have a whole range of volunteering opportunities such as: befriending, friendship club helpers, fundraising and administration - please get in touch to find out more.

www.ageukcap.org.uk

