



Living life later, longer, stronger

Activities & Services



**Your 'go to' organisation for
anyone aged over 50 living in
County Durham**

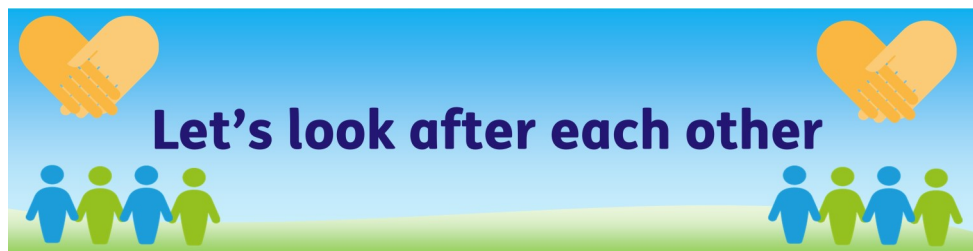
We provide a wide range of services and activities designed to meet the needs of older people in the community

- **Arts & crafts**
- **Bereavement** support groups
- **Bike Library** FREE bike loan service
- **Dementia** therapies & activities
- **Digital inclusion** access online services safely
- **Exercise classes** for all abilities
- **Falls Prevention** for strength & balance
- **Gents breakfast** clubs
- **Healthy lifestyle** support
- **Help at Home** Gardening & DIY tasks
- **Information and Advice** – free & impartial advice from qualified workers

- **Intergenerational work**
- **IT courses** using iPads, tablets and laptops
- **Lunch clubs** across the County
- **Mental health** & wellbeing support
- **Occupational therapy** to improve mobility
- **Mindfulness** sessions in extra care settings
- **Pre-frailty** support
- **Scam awareness**
- **Volunteering opportunities**
- **Woodcrafts** in our Community Shed

We are an independent local charity and have been working with communities throughout the County, for over 45 years, helping and supporting people aged 50+

We have a dedicated team of staff and volunteers helping us to deliver our services and activities



For more information

Call us on 0191 386 3856
or send an email to
info@ageukcountydurham.org.uk

Go to our website

www.ageuk.org.uk/countydurham

Find our activities calendar at

[www.ageuk.org.uk/
countydurham/activities-and-
events/activities-calendar/](http://www.ageuk.org.uk/countydurham/activities-and-events/activities-calendar/)

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