

How Can We Help You?

A Guide To Our Services





Age UK Gloucestershire is an independent, local charity working in the community to support older people, their families and carers. Through our projects and services, we help people to navigate later life, live independently at home for as long as they wish to and connect socially within their community.

We are here for all older people in our county and our ambition is to make Gloucestershire a great place in which to grow older. We want this to be the case for all people regardless of their background or circumstances.

More people are living longer and at Age UK Gloucestershire, we feel this is something to celebrate and enjoy. Our later years should be comfortable and happy with opportunities to try new things and be part of the local community. There are things we can all do to give ourselves the best chance of living the later life we want. Maintaining our friendships and interests, keeping active and trying to eat well.

Having up to date information is important and this booklet tells you about all the ways we can help and support you. We can make sure you have all the information you need to make informed choices, which can help you to live a safe and comfortable later life.



Information and Advice

We can support you with



Community and Social Care

Help you navigate the social care system so you can find the right care path and funding for you.



Legal

Talk through processes and provide information and signposting to the appropriate support.



Housing

Advise on housing options, support benefit applications and signpost to relevant agencies.



Finances

Provide free benefits checks, help you make your application and advise on steps to get your finances in order.



Social isolation

Tell you about social opportunities and activities near you and transport options to reach them.

Contact the Help Team:



01452 422660

Lines are open Monday to Friday from 10am until 3pm.
There is a 24 hour answerphone for messages.



HelpTeam@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosHelpTeam



The Help Team



Our Help Team can provide you with a range of support and impartial information to help you lead a safe and comfortable later life.

Our experienced, friendly team can tell you about our own services or, we can put you in touch with the most appropriate organisation for you.

We have a great range of specialist knowledge and can help you remain safe and independent by helping you make informed choices about all aspects of later life.

To access support from the Help Team:



01452 422660



HelpTeam@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosHelpTeam



Our Publications and Guides



Our publications are packed with everything you need to know to stay informed about all aspects of later life.

As well as our Guide to Later Life and Grapevine magazine, we provide guides on, how to complete your Attendance Allowance Application, advice if you're a carer or a Veteran and information if you are living with, or caring for someone with Dementia.

If you would like us to post any of these to you free of charge:



01452 422660



enquiries@ageukgloucestershire.org.uk



**Read all our publications online by visiting:
tinyurl.com/AgeUKGlosPublications**



Support to make the most of technology



Sometimes knowing where to start with technology can be daunting.

Our Digital Champion Volunteers can help you embrace all things digital, safely and with confidence.

They can offer in depth one-to-one support tailored to what you'd like to know, over the phone, online, or at one of our social groups. For details about our social groups, see page 12.

To access support from our Digital Champions:



Jane on 07511 223995



JDavies@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosDigitalChampions



Financial Support and Benefits Checks



Many people face financial worries and knowing what to do and who to trust for guidance can feel overwhelming. A good first step is to check your entitlement to any financial support.

You can use the Age UK Benefit Calculator to find out your potential entitlements. If you can claim, we can help you through your application process. Our Help Team can offer advice and guidance on getting your finances in order.

To access the Benefit Calculator:



01452 422660



HelpTeam@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosCalculator



Attendance Allowance and Pension Credit



Attendance Allowance is a non means-tested benefit available if you need help to remain comfortable and independent at home.

Pension Credit may be available to you if you are over State Pension age (66), are living on a low income and finding it hard to make ends meet.

Our Help Team can tell you if you are entitled to claim these benefits and if you are, help you apply.

For more information and to apply:



01452 422660



HelpTeam@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosAttendanceAllowance
tinyurl.com/AgeUKGlosPensionCredit



Out of Hospital



Our team work alongside you to make your return home as smooth and stress-free as possible, ensuring you have the right information and know how to access services and support for you.

This includes practical assistance such as arranging meal deliveries, helping you access the services you need and finding ongoing care or support options. We can also arrange for one of our volunteers to visit you at home.

Our service is available if you are aged 65 or over, living in Gloucestershire, registered with a Gloucestershire GP and being discharged from one of our county hospitals.

To make a referral or for more information:



01452 420937

Monday to Friday 9am-5pm.



tinyurl.com/AgeUKGlosOutOfHospital



Independent and Confident

Homeshare



Homeshare brings together older people who have spare rooms and just need the reassurance of having someone near to continue living independently at home, with people who need affordable accommodation, and are happy to chat and lend a hand.

There is a careful matching process, where the Homeshare Team work to find you the most suitable Housesharer and carry out thorough background checks on them. You will be able to meet each other before making a decision to go ahead. The Homeshare Team provide support for the duration of the match.



For more information about Homeshare:



Ramona on 07760 419260



HomeShare@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosHomeshare



Blue Badge



Sometimes challenges can arise which make leaving home seem much harder, or something to avoid.

A Blue Badge allows you to park closer to destinations, reduce parking costs or extend timing restrictions. If someone else is driving you in their car, you can still use your Blue Badge. This makes outings more accessible, helping you remain active and independent.

Our Help Team can assist you with your application.

For further information on Blue Badges:



01452 422660



HelpTeam@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosBlueBadge



Expanding your Social Circle

Our Social Groups



Our welcoming social groups meet weekly in community spaces around the county. As well as being a way to socialise with some new faces, they can also help you connect with other services we offer. Our Help Team may pop in for a chat, you can get help from our Digital Champions and you can often enjoy guest speakers from other organisations.

Each group is different and shaped by the members themselves, their personalities and interests. Everyone is welcome!

For more information and to find your nearest group:



Chris on 07511 225435



CWalker@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosSocialGroups



Expanding your Social Circle

Community Circles



We want to ensure people have support circles around them as they go through later life. Whether it's to bring practical support, friendship or just some company, our Community Circles team can help you make it happen.

We work alongside you on a one-to-one basis to decide what's important to you.

Please note, Community Circles are currently operating in the Tewkesbury area only.

For more information:



Ida on 07599 109936



IPoschel@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosCommunityCircles



Expanding your Social Circle

Our Special Interest Groups



We have a range of activity groups around the county, where you can join in with people who share the same interests as you.

These include, gentle walking, playing the ukulele, singing in choirs and tending to our allotment. There's also our monthly Ageing Without Children Group for people who, either through choice or circumstance, don't have children around to support them. If you'd like help with IT, you can go along to our weekly IT drop-in session at Gloucester Library.

To find out how you can get involved:



01452 422660



enquiries@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosActivities



Expanding your Social Circle

Community Activities



If you would like to try something new there are many different activities to get involved with around Gloucestershire.

As well as our own groups, we can provide information about everything happening near you. From walking sports, men's sheds and bowls to knitting, gardening and local history. There is so much going on in our county and you can join in. We'll help you find something that's right for you.

For more information:



01452 422660



enquiries@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosActivities



Expanding your Social Circle

Our Facebook Social Group



Our Facebook Social Group is a private online community hub for local older people and those supporting them, to come together in a safe and welcoming space online.

The Group helps you stay in touch with each other, as well as Age UK Gloucestershire and some of the individuals and organisations working with us.

Along with our members we regularly share information about local activities, news, things you need to know and what's happening in your area.

If you would like help getting online so you can be part of our online community, turn to page 6.

Request your membership at:



[facebook.com/groups/gloucestershirespringboard](https://www.facebook.com/groups/gloucestershirespringboard)



How you can Support us

Volunteering



We have a real mix of opportunities if you want to support older people, whether you have a lot or little time to give.

From helping people with Blue Badge applications to writing for our Grapevine magazine. From supporting our social groups in your local area to becoming a Trustee. Talk to us to find a role that's right for you.

Find out how you can volunteer with us:



Sue on 07355 032588



volunteering@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosVolunteering



How you can Support us

Donate



As an independent charity, we rely on the generosity of local people like you to keep our services running. Every penny donated to Age UK Gloucestershire, stays in Gloucestershire, to support older people in our county.

Please support us if you can.

Thank you.



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To make a donation:



01452 422660



enquiries@ageukgloucestershire.org.uk

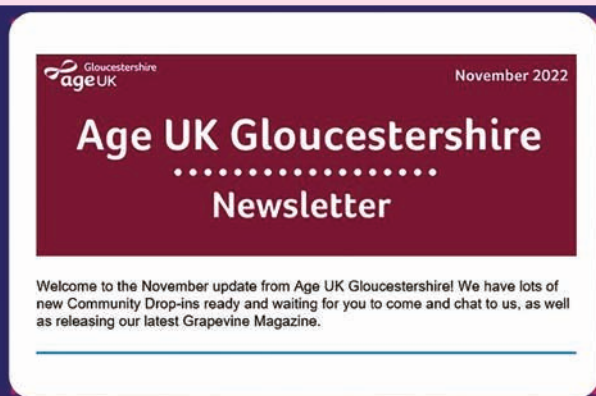


tinyurl.com/AgeUKGlosDonations



Stay in touch

Join our Community



We produce a range of publications and guides, including our Grapevine magazine and Guide to Later Life, which we are happy to post out to you free of charge.

You can also keep up to date with the latest news, activities and events, current advice and helpful information through our monthly email newsletter.

If you'd like to keep in touch, just provide us with your details and tell us how you'd like us to contact you and we'll do the rest.

To keep in touch:



01452 422660



enquiries@ageukgloucestershire.org.uk



tinyurl.com/AgeUKGlosKeepInTouch



Age UK Gloucestershire

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Barnwood, Gloucester GL4 3RT

www.ageuk.org.uk/gloucestershire

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