

Our services



Age UK Harrow is an independent registered charity which has been working with and for older residents in the Borough of Harrow for 40 years. A partner of the national Age UK charity, our aim is to provide services that are appropriate to all older residents of Harrow. The services we currently provide include:

Advice service

We provide free, confidential information and advice on a wide range of issues including: benefit checks, form filling, housing, care homes, transport, your rights to social services and many other things that affect your quality of life.

Advocacy service

We provide advocacy support to help you say what you want, secure your rights, represent your interests and obtain the services you need under the care act.

Visiting (Befriending) Service

Our visiting scheme can introduce a volunteer to visit older people in Harrow who are isolated and housebound.

Home Not Hospital Service

We provide short term support in the home to older people who have been in hospital to reduce readmissions to hospital. We provide home support and falls prevention exercise programmes in the home. The aim of this project is to prevent readmissions to hospital. All referrals for this project need to be made via your G.P or hospital team.

Harrow Communities Click

Harrow Communities Click is a membership network lead by Age UK Harrow, it's a way to:

- Learn new skills, like using a computer or office skills.
- Get help with things that you can't do-housework, weekly shop, fixing a leaking tap, wash your car, weeding, walk your dog etc.
- Make new friends.

Health & Wellbeing Activities (Chargeable Services)

We offer a number variety of activities during the week inc social groups and exercise classes. Please contact us for further information and prices.

Will Writing Service

Clients are seen by appointment by an independent Will Writer . Power of Attorney is also available through this service.

Computer Classes

We offer a range of computer classes to meet your needs; six week beginner courses, one to one tuition on basic computing, Facebook and skype sessions, Ipad training for people with Dementia

Tuesday morning TAI CHI Class

We offer a weekly TAI CHI class every Tuesday morning. Our tutors are highly trained to meet the needs of older people. It's a great way to meet new friends and improve your health at the same time.

Would you like to volunteer?

None of our services would function without the work and dedication of our volunteers. We always welcome new volunteers. References and where appropriate a Disclosure and Barring Service Check are obtained for all volunteers.

For further information about any of our services or volunteering opportunities please call us on: **02088617980**



Need more information?

If you require more information about any of our other services not mentioned in this leaflet, please contact us.

Age UK Harrow

Vyman House
Ground Floor
104 College Road
Harrow
Middx HA1 1BQ
(wheelchair access)

t 020 8861 7980

e enquiries@ageukharrow.org.uk

www.ageukharrow.org.uk

Drop-in service

Open 10.00am–1.00pm
Monday, Tuesday and Thursday.
Wednesday and Friday
by appointment only.

Donations and support

We rely heavily on the support of local people and businesses, they support our work in a variety of ways. Please contact us if you are able to support Age UK Harrow in any way. If you would like to make a donation to Age UK Harrow, please consider Gift Aiding your donation. If you are a tax payer, charitable causes can reclaim tax already paid on donations made under the Gift Aid Scheme. The giver must have paid a tax amount that at least equals the tax being reclaimed on the donation. UK tax paid on income, capital gains and savings all qualify. Gift Aid is currently worth 25p to our charity for every £1 donated.

Mission statement

Age UK Harrow exists to promote the well being of all older people in the London Borough of Harrow and to help make life a fulfilling and enjoyable experience.

