

# Ross-on-Wye & District

Information, Advice and  
Practical Support



T: 01989 567165 / 01989763887  
E: [ross@ageukhw.org.uk](mailto:ross@ageukhw.org.uk)



# Information & Advice

Our friendly staff and volunteers offer information and advice on a range of subjects which may be useful to older people. Including:

- Social care
- Your income
- Tax
- Your home
- Legal issues
- Form filling
- Wellbeing
- Signposting to other services
- Useful information guides
- Local activities

Alternatively, we can put you in touch with other organisations that may be able to help. We also have a range of free leaflets that give up-to-date guidance and information.

We can also help with the completion of forms and offer guidance about correspondence with other organisations. We can offer telephone support, office appointments and home visits.

## Available by phone

|           |                  |
|-----------|------------------|
| Monday    | 10:00am - 3:00pm |
| Tuesday   | 9:00am - 2:00pm  |
| Wednesday | 9:00am - 4:00pm  |
| Thursday  | 9:00am - 4:00pm  |
| Friday    | 9:00am - 4:00pm  |

## Drop in times

|          |                      |
|----------|----------------------|
| Monday   | 12:00 - 2:00pm       |
| Thursday | 10:00am -<br>12:00pm |

*If you would like to help people to enjoy later life, we are always looking for volunteers to join our busy information team.*

## Contact Details:

T: 01989 567165 (Admin)  
T: 01989 763 887 (Information & Advice)  
E: [ross@ageukhw.org.uk](mailto:ross@ageukhw.org.uk)



# Digital Support

*Would you like some support using a computer or getting online?*

Our tutors are available to help you become more digitally minded in a friendly and social environment.

**To book a 1-2-1 appointment contact us.**



# Footcare

Do you struggle to cut your toenails? Our Footcare service holds regular clinics in a variety of locations across Ross-on-Wye.

**To book an appointment contact us.**



# The Companion Line

Not having someone to talk to regularly can be lonely. Our Companion Line offers you a regular telephone chat with one of our friendly volunteers.

**To find out more about any of our services, contact us:**

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E: [ross@ageukhw.org.uk](mailto:ross@ageukhw.org.uk)

# Contact us:

## Ross-on-Wye Office

Palma Court,  
27 Brookend Street,  
Ross-on-Wye  
Herefordshire,  
HR9 7EE

T: 01989 567165 / 01989 763887

E: [ross@ageukhw.org.uk](mailto:ross@ageukhw.org.uk)

W: [www.ageukhw.org.uk](http://www.ageukhw.org.uk)

Working across South Herefordshire and the following parishes:

Aston Ingham, Brampton Abbots, Bridstow, Ganarew, Goodrich, Gorsley, Hope Mansell, The Lea,  
Linton, Llangarron, Llangrove, Llanrothal, Marstow,  
Peterstow, Ross Rural, Ross-on-Wye, Sollers Hope,  
Upton Bishop, Walford, Welsh Bicknor, Welsh Newton, Weston-under-Per-yard, Whitchurch, Yatton

*Formerly known as Age Concern Ross. We now operate as part of Age UK Herefordshire & Worcestershire.*

