

Hello from Age UK Herefordshire & Worcestershire!

As part of Carers Week we would like to highlight support for carers from around both counties. Read on to find out more about support you can access. If you need any information, advice or support please don't hesitate to contact us or visit our website.

T: 0800 008 6077 E: referralhub@ageukhw.org.uk W: www.ageukhw.org.uk

Support from Age UK H&W's Living Well team

Our Living Well team can offer you information and support with a number of services like; dementia wellbeing advice, veterans and carers information and information on things like – benefits, social care and more.

Our [dementia wellbeing service](#) can support carers with advice and support to help their loved ones to live well with dementia. We work in partnership with [Onside Advocacy](#) who provide support for young onset dementia and also run dementia cafes around Worcestershire.

We can support carers with [information and advice](#) on a huge variety of subjects including, benefits, blue badge applications, pensions and much more.

Our [Armed Forces Veterans](#) service supports veterans and their carers with a range of support including; applying for a veterans badge or unclaimed medal; information and support to access military specific services and much more.

Keeping active all year round is important to keep your body and mind healthy. We're now able to get outside more as restrictions lift, however if you would like to keep active at home take a look at [Active H&W](#) who have advice on easy ways we can stay active from home.



Our [walking group](#) and [allotment](#) are both running with social distancing measures in place. These are great places you can get regular exercise outside and meet new people! [Contact us](#) for more information.

Support from Age UK H&W Home Support team

Our Home support team can offer you practical support to live independently in your own home for longer. Our team can help you with services like; help at home, independence at home, support leaving hospital and footcare.

Our [help at home](#) team can provide you with long term support with things like: general housework, gardening, companionship, shopping, dog-walking, preparing light meals and much more. The charge for our Help at Home service is £18 per hour, with a minimum duration of an hour per visit.

Our [independence at home](#) team can support you with short term support, this could be support after a stay in hospital or support to help you to become more independent at home. We can support you with things like: shopping independently, applications for blue badges/bus passes; support with keeping your home environment safe and warm and much more.



Our [footcare](#) team can help you to keep your feet healthy and prevent falls. If you are aged 50 or over the service is available for you. You can book an appointment at either our Worcester or Ross-on-Wye office. Please contact us to find out about pricing – you may be eligible for a free or discounted service.

We are pleased to say our [Droitwich Spa Meeting Centre](#) and [Drybridge House Day Centre](#) in Hereford have now re-opened after the Coronavirus outbreak. Both meeting centres are following current Government guidelines to ensure we keep all members and their carers safe.



Drybridge House Centre,
Hereford

Our centres provide a safe and welcoming place where both members and carers can get involved in stimulating activities and meet new people. Carers are able to stay with their loved ones at the centres or use it as an opportunity to get some respite. We are welcoming new members at both centres so if you would like to know more about either meeting centre and how you may be able to attend visit our [website](#) or [contact us](#).

Age UK H&W Training Solutions

Our [training solutions](#) team provides practical skills training tailored to suit your individual needs. We specialise in training such as dementia care and manual handling, and also offer mandatory and recommended health and social care courses.

We are now able to offer some of our courses in a Covid secure face to face environment at both our Worcester office and Drybridge house centre in Hereford. Our courses offer you the chance to feel more confident in things like moving and handling, first aid, dementia awareness, oral hygiene and much more. All our courses can now easily be booked through Eventbrite, you can also contact us to book courses or ask any questions you may have. Find out more about our courses [here](#).



Useful information page

Our [useful information page](#) on our website provides links to website and information both locally and nationally that you can access at anytime.

You will find information on subjects such as; dementia wellbeing advice; health and wellbeing; getting online; clubs and activities and much more. Simply visit our [website](#) to find out more about the support you can access around the two counties and further afield.



Keep up to date with us!

There are lots of ways you can keep up to date with what we are up to at Age UK Herefordshire & Worcestershire:

- View our quarterly newsletter on our [website](#)
- [Subscribe](#) to receive email updates (we can send you our newsletter within our email updates)
- Read our latest news articles on our [website](#)
- Follow us on [Facebook](#), [Twitter](#) or [Instagram](#)

If you have any questions about keeping up to date with Age UK H&W [contact us](#).



Big Knit 2021!

This year we have a target of 6000 mini hats for the Big Knit campaign, so if you enjoy knitting we need your help! The campaign runs every two years and sees volunteers knit mini hats that we send into Age UK National. We then get 25p for every hat which goes back into supporting older people in our community. Whether you are a novice or an avid knitter anyone can get involved!

There is more information on our website including a 'How to' video.

Find out more [here](#).



The [Age of Creativity](#) is a network of 2000+ members from across various sectors, including local Age UKs who all believe that creativity and culture supports older people to experience better health, wellbeing and quality of life.

AGE OF CREATIVITY FESTIVAL 2021



The festival usually happens throughout May and this year saw lots of organisations from across the country hosting online and offline creative events for older people, their carers, families and friends to get involved with. There was everything from painting and drawing to art trails and dance classes something for everyone! You can still access the Age of Creativity festival website which lists the organisations that run online and offline events and activities that you can get involved with.

There are activities for people in a care home setting and for people with dementia. You can view the festival website [here](#).



Worcestershire Association of Carers is a registered charity providing an independent source of information, advice and support for unpaid adult carers in Worcestershire. We provide representation for carers at a local and national level and support carers to have a voice in decisions that affect them.

We understand the role of unpaid carers and the huge contribution they make to the community. Our vision is for every unpaid carer to be valued and empowered and have access to personalised and high-quality support, living in carer friendly communities.

If you would like information and support regarding your own well-being, assessments you are entitled to or how your support needs can be met, please contact us on 0300 012 4272 or contact us using the self-referral form at www.carersworcs.org.uk

Herefordshire
CARERS



Herefordshire Carers is a registered charity working to support Carers throughout Herefordshire. We provide activities and events for unpaid, family Carers in Herefordshire so as to give them a break from their caring role, reduce isolation, improve wellbeing and develop opportunities for peer support.

Together with Worcestershire Association of Carers we also act as a voice for the Carers of Herefordshire. We facilitate and promote events where Carers can be represented and their views listened to, respected and valued. We also provide a Carers Emergency Card scheme.

Our activities are free of charge to Carers registered with us, so do please join us so that you can be kept up to date with events and activities, meet others in similar situations, improve your wellbeing and help to raise the profile of Carers in the county. Contact Herefordshire Carers: 0300 012 4272 or visit: www.carersworcs.org.uk/herefordshire-carers

Talk Community is bringing Herefordshire together.

We want our residents, businesses, community leaders and council to all play their part, to make Herefordshire a better place to live and work.

Visit their website to read about lots of organisations and events across Herefordshire that may be useful for you or your loved ones. Contact Talk Community: 01432 260027 or visit their website here: www.talkcommunity.org

TALK COMMUNITY

DIRECTORY