

JOIN IN - MAKE NEW FRIENDS - LEARN NEW SKILLS

For more information or to book onto an activity please contact Amanda Wilson on

07551 459773

Or email amanda.wilson@ageuklsl.org.uk

We offer a variety of services and support at Age UK Lincoln & South Lincolnshire

Come and see what we can do for you.

Help in the home

Laundry & Gardening Services

Telecare and Response Services

Activities and Events

Information & Advice

Volunteering and Befriending Services

Age UK Lincoln & South Lincolnshire

Park Street Activity Centre

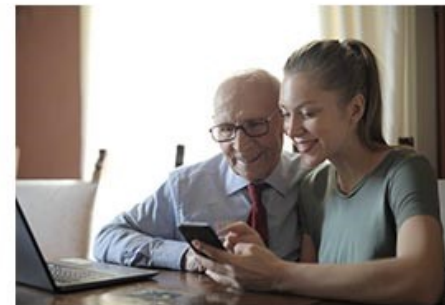
Park Street, Lincoln, LN1 1UQ

Phone: **03455 564 144**

Website: www.ageuk.org.uk/lincolnsouthlincolnshire



Strengthening Connections



Activity Timetable



Strengthening Connections

- Are you feeling isolated?
- Struggling to make contact with family or friends?
- Need to open a bank account but can't get into town?
- Would like a face to face health appointment but would prefer to have the consultation at home?

Making use of the options available online can help to make life easier.

We can help from the comfort of your own home

- Video call family or friends
- Book a virtual GP appointment
- Shop online for groceries, utilities etc
- Log in to join one of our many activities, from quizzes reading, seated exercise classes and more
- Our Information & Advice team can help you with a benefit check or open a bank account online

No computer or internet is necessary as we will bring our own and our advisors will guide you through the process, or if you prefer complete it for you.

All Government guidelines on social distancing and use of PPE will be strictly adhered to.

Coffee mornings / afternoons Times to suit	Small groups of 6 so that you can chat between yourselves. Organized activities which include quizzes, games, singing, sharing memories
Quiz Fortnightly various days	Pit your wits against others, have fun and exercise those little grey cells with our virtual quiz, make new friends and heckle our Tom the question master
Choir Weekly Tuesdays 11 – 12.30	Age UK virtual choir learn to sing some popular songs old and new, meet new friends and exercise them vocal chords and brains with our very own Tenor Tom
Gardening Club Weekly Monday afternoons	Talks, walk round gardens, show and tell, question & answer session,
Craft club Monthly first Wednesday of each month 10 – 12	Using materials in your own home or posted to you at a small cost. From Macramé, decoupage, card making and much more.
Knitting/crochet Group Thursdays weekly 2pm	Work on your own project, or do joint projects. Knit and natter.
Short Stories Various days fortnightly	Read together some short stories, chat and make friends
Book Club Wednesday afternoon's monthly every 3 rd Wednesday	Either post out a book for you to read or download then visit our group virtually for a chat.