

*Growing older is a positive part of life.
Age UK Mid Mersey provides life
enhancing services and vital support to
anyone age 50+*

Healthy and Well



This could be in the form of:

- Help accessing health appointments
- Wellbeing support
- Home energy checks
- Information and advice

Socially



Become one of our volunteers!

Independently



This could be in the form of:

- Benefit checks
- Person-centered support
- Referrals to services that help maintain personal independence

Connected



This could be in the form of:

- Digital support
- Participating as one of our expert panel members or volunteers
- Getting involved in the development of local services
- Telephone befriending through Age UK National

Services Booklet

Ways in which we can support you living well



Find out more about the services we offer and activities we host



Contact Us

Call us - 0300 003 1992

Email us - enquiries@aukmm.org.uk

Registered Charity No. 1003476

Information Correct as of December 2022

Our Activities

We have a number of activity groups on, which are subject to change so please contact us for times and locations.



The groups that we run are:

- **Mixed Crafts**

This includes crocheting, knitting and cross stitch and is lead by a tutor.

- **Men's Group**

We have multiple men's groups across Mid-Mersey where men meet for a chat and sometimes play games.

- **Coffee and Chat**

This is a general coffee and chat open to all (aged 50+)

- **Coffee and Chat (Dementia friendly)**

This is a coffee and chat suitable for people living with dementia and their carers.

- **Digital Coffee Morning/Quiz**

This is an online coffee morning via WhatsApp with a quiz (we can help you join if you need it).

Please note - a small fee or donation may apply for some of our groups

The Five Ways to Wellbeing

The wellbeing model we use is the five ways to wellbeing



- **Be Active**

This could be walking, stretching, dancing or doing a group activity as well as exercising

- **Keep Learning**

This could be through puzzles, learning a new skill or reading a book

- **Connect with Others**

This could be by calling a friend, chatting with a neighbour or joining one of our groups

- **Give to Others**

This could be through volunteering or small acts of kindness such as baking for someone

- **Take Notice**

This could be by people watching, growing a plant or reading the news

What areas do we cover?



Services may vary depending on what area you live in - we'll do our best to help you!

Keep in Touch!


Website -

<https://www.ageuk.org.uk/midmersey/>

 Facebook - Age UK Mid Mersey

 Twitter - @ageukmidmersey

 LinkedIn - Age UK Mid Mersey

 Instagram - ageukmidmersey

 TikTok -ageukmidmersey