

Your Community, Our Support

A Guide to our Community Services





Community Support

At Age UK Norwich, we are dedicated to making this city a great place to grow old.

For 75 years, we've promoted the needs of older people, their families and carers by offering vital support and services.

Our clubs and groups are places where you can learn new skills and spend time with like-minded individuals.

We also provide 1-2-1 support to help you find ways to manage mobility problems, low mood, anxiety and depression – a friendly face to visit you in your home or attend a group or activity with you to help build your confidence.

Whether you are newly retired, looking for a new challenge or perhaps your GP has suggested some changes to support your health or wellbeing, Age UK Norwich has a wide range of community activities to help you keep connected, healthy and learning new skills – all in a safe, supportive environment for people aged 50 or older.

Discover more in this guide about how you can get involved.





“Joining groups is the best thing I have ever done. Friendship and good company – always”

Community Support

Your 5 Ways to Wellbeing

Staying active as you grow older is an important part of keeping your body and mind healthy.

Our range of activities across the city enable you to achieve the ‘5 Ways to Wellbeing’ which are **Connect, Be Active, Learn, Give & Take Notice** - all of which can help both your mental and physical health.

You can learn new skills, socialise with new people or keep your body and mind active, and sometimes all three!

We offer a wide range of age-friendly social activities for any level of experience – so we’re confident there’s something for you!

Our groups are open to anyone aged 50+.

Some groups have small fees, but most are free. Booking is advised, so call us now to find out more and secure your place.





“It’s great for me to see mum chatting at the groups. Age UK Norwich has been brilliant in lots of ways. We’ve met lots of lovely people including volunteers who are amazing”

Community Support

1

Connect

Join one of our friendly groups and meet new people

- Community Day Trips
- Veteran’s Recall – (Military Reminiscence)
- Still on the Ball – (Football Reminiscence)
- Phoenix Lunch Club
- Games & Community Clubs

2

Be Active

Discover an activity you enjoy and make it part of your life

- Ten-pin Bowling
- Park Walk
- Exercise classes
- Still on the Ball Walking Football
- Womens NIA Dance
- Dance to Health – (Falls Prevention & Recovery)
- Multi-Games – (Table Tennis, Boccia, Archery)

Community Support

3

Keep learning

Gain fresh knowledge or even learn a new skill

- Ashby Art Group
- Film Club
- History Walk
- Bridging Generations Podcast

4

Take notice

Take the time to gather your thoughts and feelings

- Tai Chi
- Intergenerational Gardening
- Intergenerational Crafts
- Norwich Older People’s Forum

5

Give

Why not help one of our groups?

We are always on the lookout for people to help. So whether it’s to help set up teas and coffees, equipment or being a friend to an older person, there’s something for everyone.

For details of all our groups visit our website
www.ageuknorwich.org.uk

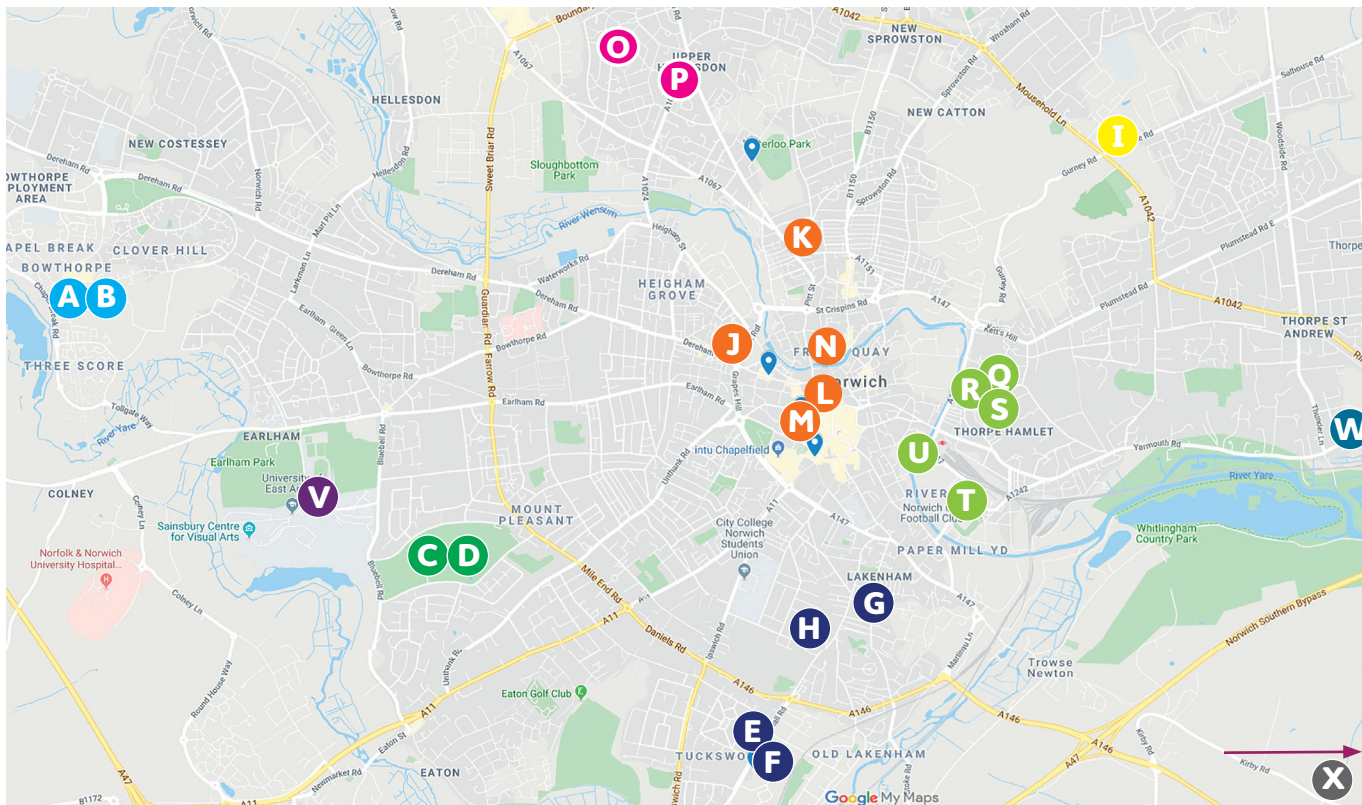
Find us on Facebook  @AgeUKNorwich





Community Support

Community Support



Here's where you can find some of our group activities located across the city.

For the latest list of all our groups, visit: ageuknorwich.org.uk or call **01603 496333** or email enquiries@ageuknorwich.org.uk

Bowthorpe Area

Tai Chi	A
Games & Community Club	B

Eaton

Film Club	C
Park Walk	D

Lakenham

Dance to Health	E
Ashby Art Group	F
Intergen Dance	G
Exercise at Haydon	H

Heartsease

Walking Football	I
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City Centre

Ten-Pin Bowling	J
Women's NIA Dance	K
Older People's Forum	L
Music Club	M
History Walk	N

Mile Cross

Dance to Health	O
Phoenix Lunch Club	P

Thorpe Hamlet

Veteran's Recall	Q
Intergen Gardening	R
Intergen Crafts	S
Still on the Ball	T
Multi Games	U

UEA

Bridging Generations	V
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Thorpe

Dance to Health	W
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Framlingham Earl

Walking Football	X
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Community Support

Information and advice

Are money worries stopping you from getting involved in local clubs and groups? Or are you finding it difficult to get the support you need?

It's easy to feel like there's no-one to help - but, at Age UK Norwich, we can offer independent information and advice to help get you or your loved one back on track.

We'll always take the time to listen and understand, before explaining the different choices you have. It's a completely confidential service, and you can ask us about anything at all— because if we can't help, we'll put you in touch with someone who can.

Things we can help you with:

- Money and welfare rights
- Legal advice and wills
- Home and bills
- Care and health

Speak to us today to see how we can help.

Community Support

Independent Living Support

Our 1-2-1 support is all about helping you achieve your goals. We provide a friendly face to help you connect to your local community.

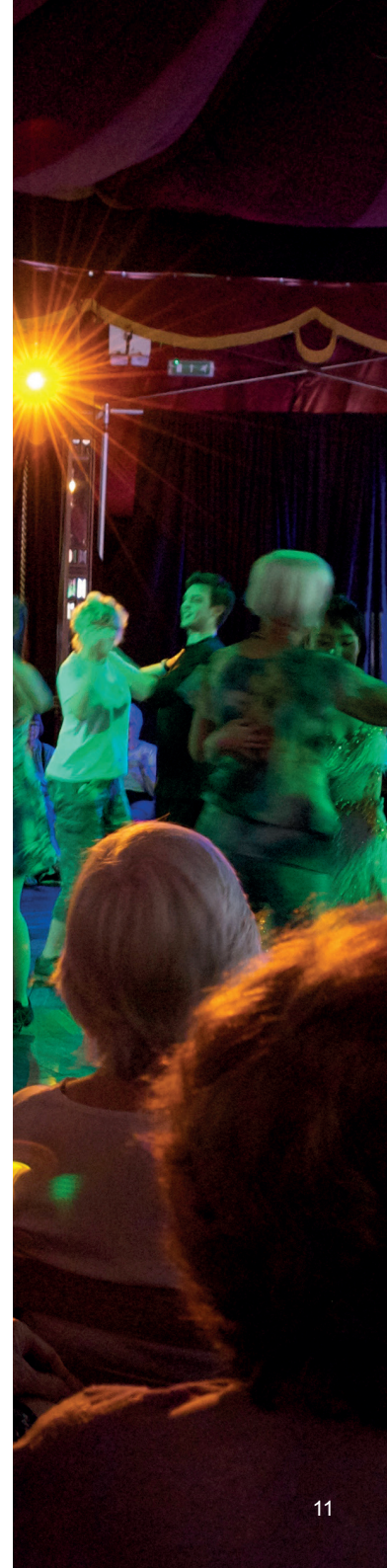
We believe that no older person should ever feel stuck for the lack of a little support. Our **Activity Befrienders** can help you connect with your community whether that's going for a cuppa, meeting for a walk, or attending an event or activity - we'll always be there to support you.

Health @ Home

Our Health @ Home team will help you maintain a healthy lifestyle at home. Maybe you want to lose a few pounds, be steadier on your feet, or need a little encouragement to do those exercises your GP or physio has recommended.

Our trained instructors will visit you at your home and they have loads of fun sessions to help you keep active. They can also support you on other things, like help getting online, or other issues in the home that bother you.

Speak to us today to see how we can help.





Community Support



Get in touch



Details of support and activities
can be found by visiting

www.ageuknorwich.org.uk



Take the next step,
call Age UK Norwich on

01603 496 333

Our charitable work is supported by our funders



Age UK Norwich is the operating name of Age Concern Norwich, a company limited by guarantee. Company Number 4489595. Registered charity number 1094623.