



# Age UK Connect

*We empower people to find solutions to enable them to stay independent and improve their health and wellbeing.*

## What is Age UK Connect?

Age UK Connect is a short-term service with a focus on helping people find solutions to enable them to remain safe and well at home. We offer information, advice, signposting and practical support around:

- Physical and mental health
- Care needs
- Bereavement
- Housing
- Finances
- Social interaction
- Engagement with community

## Who is this service for?

- People living in the districts of Mansfield, Ashfield or Newark & Sherwood who feel they have deteriorating independence or health through age, mobility, disability, health conditions or bereavement.

Please note that this service is not just for older people.

## How much does this service cost?

Free

## How is this service delivered?

In person via home visits or by telephone. Support is for up to an average of 3 months.

**“We benefitted from practical help in filling in forms which would be difficult without the expert advice and experience. It encouraged me to be independent and helped me to decide what I needed most.”**

This service is kindly funded by



## What support can Age UK Connect offer?

We can help you access:

- Advice and information
- Gardeners, cleaners and handyperson services
- Home adaptations and aids
- Social activities, clubs and groups
- Support groups, advocacy and talking therapy
- Welfare benefits
- Financial advice
- Available transport
- Exercise and falls classes
- Help to manage long term conditions, including dementia
- Carer support
- Housing and care options
- And much more

## How to access this service

Anybody can contact the service on behalf of themselves or another person:

**t 01623 488217**

**e [connect@ageuknotts.org.uk](mailto:connect@ageuknotts.org.uk)**

To access this service in Gedling, Rushcliffe or Broxtowe please call 0115 939 5406.

To access this service in Bassetlaw please call 0115 844 3541.

To access a similar service in Nottingham City please call 020 3535 5150

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For more information on any of our services, please contact us:

**Age UK Nottingham & Nottinghamshire**

Bradbury House, 12 Shakespeare Street, Nottingham, NG1 4FQ

**0115 844 0011**

or visit us at **[www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)**

Age UK Nottingham & Nottinghamshire takes a zero-tolerance approach to abuse of any kind

**Our vision is for a world in which older people flourish**  
**Every year we help over 45,000 people**  
**We're local & independent - we're here to help people in**  
**Nottingham & Nottinghamshire**



## Can you help us make a difference?

Yes! Whether it is by volunteering, fundraising, or telling your friends and neighbours about our services, you can help us reach more local people in need.

Get in touch with us today!  
 Check out our website for more information and to sign up to our monthly email newsletter.



*This leaflet is sponsored by:*

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[www.advantagemobility.co.uk](http://www.advantagemobility.co.uk)

**The Lifestyle Centre**  
 16-18 Bridgeway Centre,  
 Nottingham. NG2 2JD  
**0800 0248 975**

