

# Finding the Help You Need

A guide to our Telephone and Face to Face services



Health & Wellbeing

t: 0115 844 0011

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

[www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)



## By Telephone:

Call on 0115 844 0011.

## How we can help:

- Helping you understand your issues
- Talking through your options when making decisions
- Finding useful services in your local area
- Making appointments for specialist Age UK Notts services such as benefits assessments

## When:

Monday to Thursday from 9am – 5pm

Fridays from 9am – 4.30pm

Please leave a message if we don't answer straight away and we will call you back as soon as we can.



## Face to Face

### How we can help:

- Reading and understanding letters you have received
- Talking through your options when making decisions
- Finding useful services in your local area
- Making appointments for specialist Age UK Notts services such as benefits assessments

### When:

The Lifestyle Centre sessions are on Mondays from 10am – 3pm.

### How to find us:

The Lifestyle Centre  
16 - 18 Bridgeway Centre  
Nottingham  
NG2 2JD



Parking available - up to 2 hrs free, £4 thereafter via RingGo



Blue Badge Holders - Free with valid badge on display



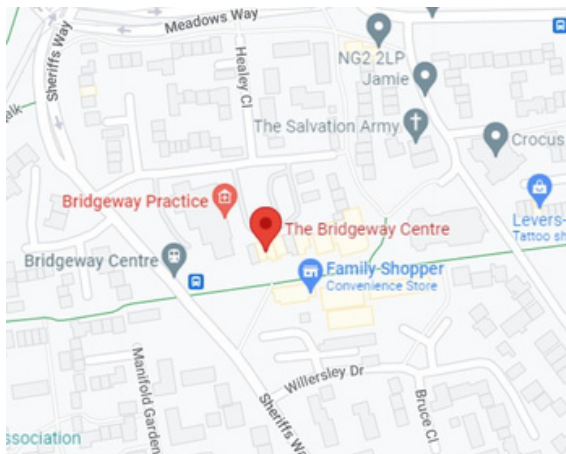
5 mins from Nottingham Station Tram Stop (NET S-bound 2 )



Clifton South - Stop ME32



Green 11, 11C - Blue 48,48X - Stop ME20



**Our vision is for a world in which older people flourish**

**Every year we help over 45,000 people**

**We're local and independent - 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:

**The Lifestyle Centre**

Scooters & Wheelchair, Stairlifts, Beds & Riser chairs and much more....

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

**The Lifestyle Centre**

16 - 18 Bridgeway Centre

Nottingham

NG2 2JD

0115 697 6409



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Date of publication: January 2023 V1.1 © Age UK Nottingham & Nottinghamshire