

Newsletter

Edition One
2019



www.ageukplymouth.org.uk



Support for the over 50's

Featured in this Issue

Midweek Lunch Offers

Heritage Pasty Week 20 & 21 March

Plymouth Veterans Breakfast Club

Help at Home & Community Support

Southway Consultation—16 March

Carer Support Group

Winter Warmers Campaign

Welcome to Age UK Plymouth

Age UK Plymouth offers a pathway of support to services and activities available to older people and their carers. We are your starting point to find out what support is available to you—no referral is needed.

- Free Information & Advice
- Day Care / Dementia Support
- Help at Home/ Handyman
- Spring Cleans
- Lunches
- Social Engagement
- Exercise & Keep Fit / Creative Activities
- Free Computer Training

Heritage Pasty Week



Nothing beats a good pasty!

Join us to celebrate National Pasty Week, in partnership with The Box.

How do you like yours?

Our pasties are sure to please! You can pick from Original or Traditional 'Tin Miners' pasties, or be daring and try one of our new pasty recipes.

- **20 March 2019**
1pm—4pm
William Venton Centre,
Plymstock
- **21 March 2019**
1pm—4pm
William & Patricia Venton
Centre, Mount Gould



Lunches Available Daily

Our freshly cooked lunchtime meals offer a varied choice (inc. vegetarian) at very reasonable prices.

A Three Course Meal for just £6

Midweek Lunch Deals

Every Wednesday at 12:30pm

***At The William & Patricia Venton Centre in
Mount Gould. Booking Essential—Phone
01752 256020***

***Why not bring a guest and take advantage of
our 2 for £10 meal deal.***



Plymouth Armed Forces Veterans Breakfast Club

We meet twice a month at Age UK Plymouth for a hearty breakfast and great company:

- **1st Saturday of the month** at William & Patricia Venton Centre, Mount Gould: 10am—12pm
- **3rd Sunday of the month** at William Venton Centre, Plymstock: 10am—12pm

Full English Breakfast served until 11am—£5

Phone Natasha on 07716727630

Help at Home & Community Support

High quality and friendly service to support independence in the home

We can help with things like: domestic tasks such as polishing, dusting, vacuuming, washing floors, washing dishes, changing bed linen, laundry, ironing and grocery shopping.



A 'Spring Clean' service is also available.

You do not need to be referred by a professional person to use this service as clients can pay privately. Age UK Plymouth can arrange a review of your finances to ensure you are getting your full benefits/ entitlements which could help towards the costs of supporting you to remain independent at home.

Our service currently operates from Mondays to Fridays

Saturday 16 March 2019

10am—4pm

Age UK Plymouth would like to hear your views on services and support for older people in the Southway area.

The Church of the Holy Spirit, Clittaford Road, Southway PL6 6DJ

Join us for tea and biscuits and the opportunity to tell us what activities, support and services you feel are needed for older people in the area. You can also talk to our team about what Age UK Plymouth

can do to help everyone enjoy a good quality of Later Life.

Free craft workshops throughout the day.

Transport is available from 11am–3pm from Southway postcodes only and prior booking is essential.

Call Age UK Plymouth on:
01752 256020



Carer Support Group *The last Thursday of every month, between 2pm and 4pm at The William & Patricia Venton Centre in Mount Gould.*

Gift a Winter Warmers Pack

This winter as you turn the heating up and wrap up warm, help us raise valuable funds to help older people in our community who are less able to do so.

Please visit <https://localgiving.org/appeal/gift-a-winter-warmers-pack/> to donate.

What your Donations Could Do



- | | |
|------------|--------------------------------------------------------------------------------------------------|
| £10 | Will provide a Winter Warmer Pack of food |
| £30 | Will provide a Winter Warmer Pack, a hot meal and activity / companionship at our centres |
| £50 | Will provide transport, a full activity day, companionship and lunch at our centres |

Would you like to help an older person in your local community?

Age UK Plymouth are looking for volunteer Community Champions who can spend a couple of hours a week to help older people in their community. Call 01752 256020 for more details.

Age UK Plymouth is registered as Plymouth Age Concern a registered charity No 281820 and company limited by guarantee.
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