



**Volunteer, donate
or *fundraise*** for Age
UK Richmond and make a
difference to local older
people! See reverse of leaflet
to find out how.

OUR SERVICES

Information & Advice
Welfare Benefits Checks
Handyperson & Gardening
Housekeeping
Wellbeing & Social Activities
Connect to Tech – Digital Skills
Home from Hospital Support
Dementia Friendly Richmond
Mental Health Peer Support

***Your local, independent charity
working to support older people,
their families and carers in
Richmond upon Thames.***

020 8878 3625
info@ageukrichmond.org.uk
ageukrichmond.org.uk



AGE UK RICHMOND SERVICES

Wellbeing Services

We provide an extensive range of opportunities for older people in the borough to **build social networks, learn new skills and improve wellbeing**. We form part of the Community independent Living Service (CILS) - a partnership of 20 local charities providing social and wellbeing support to adults of all ages and health conditions. If we don't offer the support you need, we will put you in contact with another organisation who may be able to help.

Wellbeing & Social Activities

Our activities take place at a range of locations in the borough, including our three Age UK Richmond Social & Wellbeing Centres in **Barnes, Twickenham and Whitton**. Small charges may apply, please contact us.

Hairdressing & Chiropody

Pilates, Zumba Gold, Tai Chi - among others

Falls Prevention & Chair Exercise

Groups just for men

Dementia specific groups

Outings & Monthly Pub Lunches

Health Stroll

Talks & opportunities to learn

Coffee mornings & bingo

Knitting and book clubs

Allotment Club

Plus exciting opportunities through our local partnerships

Community Connections

A service to help you build confidence and connect with activities and hobbies you like. For a period of 6 weeks, a friendly Community Connections Volunteer will be at hand to help in a variety of ways, including making 4 journeys together, either walking or on local buses. Free of charge

At Home & Online

We know not everyone can attend our groups or sessions in person. Therefore, we have home-based and online options to support wellbeing: Online and on demand groups and sessions, Telephone Chats and Wellbeing courses.

Connect to Tech - Digital Skills

We can help you get online and connected or help you further develop your existing skills. Book a **free** support session with a trusted Connect to Tech Tutor or come to one of our drop-in sessions and make the most of your device!



If you have no computer or tablet at home, you can join our **free 8-week tablet loan scheme** - explore the internet with our support. **Free lessons and internet included!**

Contact Connect to Tech

020 8744 1965 or connecttotech@ageukrichmond.org.uk

CONTACT WELLBEING SERVICES

020 8744 1965

wellbeing@ageukrichmond.org.uk

Home Services

Handyperson

020 3326 9432

handyperson@ageukrichmond.org.uk

Our trustworthy service is designed to help you remain independent and safe at home by supporting you with minor adaptations and repairs. Chargeable, but heavily subsidised for those over 65 or with disabilities, lower charge for those on pension credit, and some work completed free of charge.

Gardening

020 3326 9432

handyperson@ageukrichmond.org.uk

Our friendly gardeners can help tend to your garden all year round! Chargeable.

Housekeeping

020 8878 3569

housekeeping@ageukrichmond.org.uk

Our useful housekeeping service can help you with a range of support at home including housework, cleaning and shopping. We do not provide personal care. Chargeable.

Nightingale Service

020 8876 2449

nightingale@ageukrichmond.org.uk

Our team offer free, short-term help to those leaving hospital or who have become unwell in the community. Help with preparing the home for discharge, key safe installations, shopping & prescriptions, help arranging appointments and transport.

This service is for borough residents who are over 65, living alone or with another vulnerable person. Referral from a health or social care professional usually required.

Mental Health Peer Support

020 8878 3625

peersupport@ageukrichmond.org.uk

Free one to one and group peer to peer support for people in Richmond aged 50 and over who have a moderate to severe or enduring mental health condition to help support longer term recovery. NHS referral required.

Information & Advice

First Contact Helpline

020 8878 3073

info@ageukrichmond.org.uk

Ask us anything! Want to know about Age UK Richmond or other local services, looking for advice or need some support? Give us a call. Impartial, free and confidential.

Welfare Benefits

020 8878 3546

welfarebenefits@ageukrichmond.org.uk

Do you know which welfare benefits you are entitled to in order to live a more independent and happier life? If you are over state pension age contact us to check your entitlement. Impartial free and confidential.

Advice Extra

020 8878 3546

advice@ageukrichmond.org.uk

From time to time we all need more support. This could include accessing care, housing, scams, sorting out paperwork, accessing better utility deals or living independently - among others. Impartial, free and confidential.



Dementia Friendly Richmond

020 8744 1965

dementiafriendly@ageukrichmond.org.uk

A Richmond Council funded project delivered by Age UK Richmond. Dementia Friendly Richmond aims to create an inclusive borough where all residents affected by dementia are empowered and supported to live well. We work in partnership with people with Dementia, carers, organisations and businesses who are keen to become more Dementia Friendly. You can also find a page on our website listing dementia specific support available locally.



"I have always felt Age UK Richmond is there and available if I need help, which is very reassuring. Everyone, staff and members are friendly and approachable".

Age UK Richmond upon Thames is an independent local charity. We've been working in the local community to help older people for nearly 60 years. We have 50 dedicated staff and more than 100 volunteers helping us to deliver services and activities for older people in this borough. We want everyone to be able to love later life.

PLEASE SUPPORT US

It is through your help that Age UK Richmond has been able to continue its work with older people in the London Borough of Richmond upon Thames for a great number of years. We rely on your support and are grateful for any donation you can make to support our charity.

Leave a **gift in your Will, donate online, set up a regular payment**, or send a **cheque** to **Age UK Richmond upon Thames**, The White House Community Centre, 45 The Avenue, Hampton, TW12 3RN.

Fundraise for us! Are you thinking about a fundraiser or completing a challenge to support a charity? Consider making **Age UK Richmond** your chosen charity and help us be there for local older people. Contact us on **fundraising@ageukrichmond.org.uk**

Volunteer - Age UK Richmond upon Thames relies on volunteers to help us offer vital services in the local community. We have a wide range of roles which suit different people and different skills. Contact us on **volunteering@ageukrichmond.org.uk**

Have you any comments, compliments or feedback about the services we offer to you?
You can submit your views online, call us or email us:



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