

What can Age UK Somerset do for you?

If you are over 60* in Somerset or North Somerset we offer a range of services especially for you.

**Our Ageing Well and Cognitive Stimulation Therapy services are available to over 50s, and we are happy to provide information and advice to family, friends or carers of any age who are contacting us on behalf of a local older person.*

Our Services

Many of our staff are currently working from home but if you call and no-one answers please leave a message and we'll call back asap.

Information and Advice

We provide free, confidential information and advice on a wide range of issues such as money matters, health and social care, social activities and many other things that can affect your quality of life. If we can't help, we can put you in touch with people that can. In usual times clients were welcome into our office but at the moment this service is provided primarily by telephone and email.

& Benefits Advice

We can also offer assistance in claiming welfare benefits including finding out which benefits you may be entitled to claim. Because of Covid our Volunteers are not making home visits at the moment but they can provide assistance in completing claim forms by phone or email. For more details contact:

infoandadvice@ageuksomerset.org.uk

01823 345613

Cognitive Stimulation Therapy

We provide a 7 week programme of online Cognitive Stimulation Therapy (CST) sessions for people over 50 living with mild to moderate Dementia. CST is proven to, initially, slow the progression of dementia and is recognised by the NHS as THE leading non-pharmaceutical intervention for those recently receiving a dementia diagnosis. For more details contact:

lauren.foyle@ageuksomerset.org.uk

01823 345618

Friendly Phone calls

For any local older person who is feeling a low and would just like to hear a friendly voice and have a chat. After you register you will be matched with a volunteer who will give you a call regularly. We also work with the Open Mental Health Alliance Partnership to provide tailored support where needed. For more details contact:

infoandadvice@ageuksomerset.org.uk

01823 345613

Ageing Well - Exercise

This service promotes the health and well-being of older people in Somerset and North Somerset. Pre-Covid, we were running 100s of community-based sessions across the area, including Movement to Music, Yoga, Tai Chi, chair-based Flexercise and dedicated strength and balance classes called Stay Strong Stay Steady. These sessions will be resumed as soon as it is safe to do so. Until then, we have a variety of fun online classes running throughout the week which can be booked through our website, to help older people maintain their current level of fitness. A small donation is requested. To find out more about these online sessions please contact:

onlineclasses@ageuksomerset.org.uk

01823 345626

Toenail Cutting (Somerset only)

Working in association with Somerset NHS Foundation Trust we provide a professional and friendly basic Toenail cutting service across Somerset. You should ask your GP to refer you for an assessment via the Podiatry service. Some medical exclusions apply. A reasonable charge is made for this service. For more details contact:

tnc@ageuksomerset.org.uk

01823 345610

Scams Advice (North Somerset only)

If you are worried about being scammed, or have already been affected, contact our Scams Advice Officer who works across North Somerset, funded by North Somerset Council (Trading Standards):

lin.griffin@ageuksomerset.org.uk

0744 398 3505

Balls for Boredom

We send out free wool to help prevent knitters getting bored. If you'd like some "Balls for Boredom" (perhaps to knit some Big Knit hats?) contact:

kate.barrington@ageuksomerset.org.uk

01823 345627

Age UK Somerset no longer offers 'Trading' products such as car or home insurance.

Existing policy holders or anyone with enquiries can call
0800 7076074 for information.

Contact us

Call us: **01823 345610**

email: info@ageuksomerset.org.uk

Visit our websites: www.ageuksomerset.org.uk
www.ageuksomersetcoronavirus.org.uk

Follow us on
Social Media:



@AgeUKSomerset

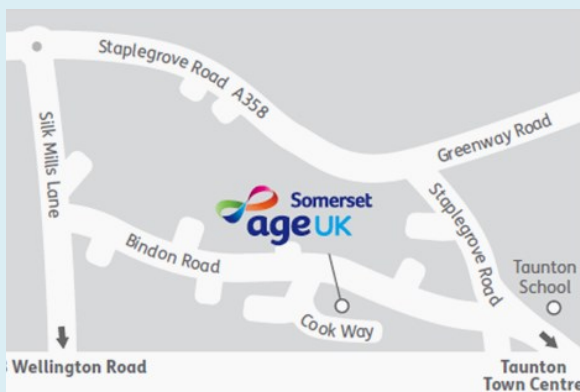
Find us

Currently visits to our office are **by appointment only** to ensure we can comply with social distancing and other measures to be Covid secure. Please call to make an appointment.

Our office is within

Ash House
Cook Way,
off Bindon Road,
Taunton,
Somerset TA2 6BJ

*We have a level car
park and our office
is fully accessible.*



What can you do for us?

If you could help by volunteering, fundraising or making a donation, we'd love to hear from you.

Please call: **01823 345627** or email us:
volunteers@ageuksomerset.org.uk

Thank you.



**Age UK Somerset works to make later life
better in Somerset and North Somerset.**

Registered Charity number 1015900.
Company number 2717676.