

## About Age UK Southampton

Age UK Southampton, formerly Age Concern Southampton, is an independent local charity with over 50 years' experience of working to improve the quality of life for all older people living in Southampton and those who care for them.

In Southampton there are over 34,000 residents aged 65 and over; this figure is growing as the 'baby boomer' generation ages and people live for longer, rising to 40,700 by 2029, and 46,900 by 2039 – an increase of 38%. Many of these residents not only suffer loneliness and isolation, but have little money, poor health and limited mobility.

Age UK Southampton provides vital services that give thousands of older people a better quality of life, companionship and a sense of belonging. Our highly valued team of over 100 volunteers work alongside a small but dedicated team of paid staff to deliver thousands of support sessions a year.

Our principle focus is on:

- Reducing isolation and loneliness
- Tackling poverty
- Providing Information and Advice
- Improving health and wellbeing
- Developing and deploying a trained volunteer team to meet older people's needs

We do this through a reablement-focused integrated service model, by delivering:

- Information and advice on a wide range of topics from health to consumer issues
- Benefits advice and help with claims to improve financial independence
- Telephone-based support and home visiting to combat loneliness and isolation
- High quality Day Care service to support independent living and respite for carers
- Computer classes to support clients to stay in touch through technology
- Health and Wellbeing groups to improve fitness and wellbeing
- Social groups to help address loneliness and isolation
- Wellbeing services to identify needs and connect people with appropriate support

Whilst we are an independent charity, our organisation is also part of a national network of Age UKs and Age Concerns, who provide similar services, and where it adds value, we work in partnership with this network; we also work locally with other voluntary sector organisations to improve the lives of residents of Southampton.

We are a registered charity and a company limited by guarantee, with a board of trustees and directors who provide governance and strategic direction to the organisation.

For more details, go to our website: [www.ageuk.org.uk/southampton](http://www.ageuk.org.uk/southampton)

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