

Should you require any more information for yourself or a loved one, or would like to book a home appointment, please contact:

0191 514 1131

[lifestyle@ageuksunderland.org.uk](mailto:lifestyle@ageuksunderland.org.uk)

The Lifestyle service is operational  
Monday–Friday, 9am–5pm.

### Age UK Sunderland

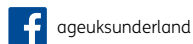
Bradbury Centre

Stockton Road

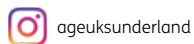
Sunderland SR2 7AQ

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

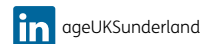
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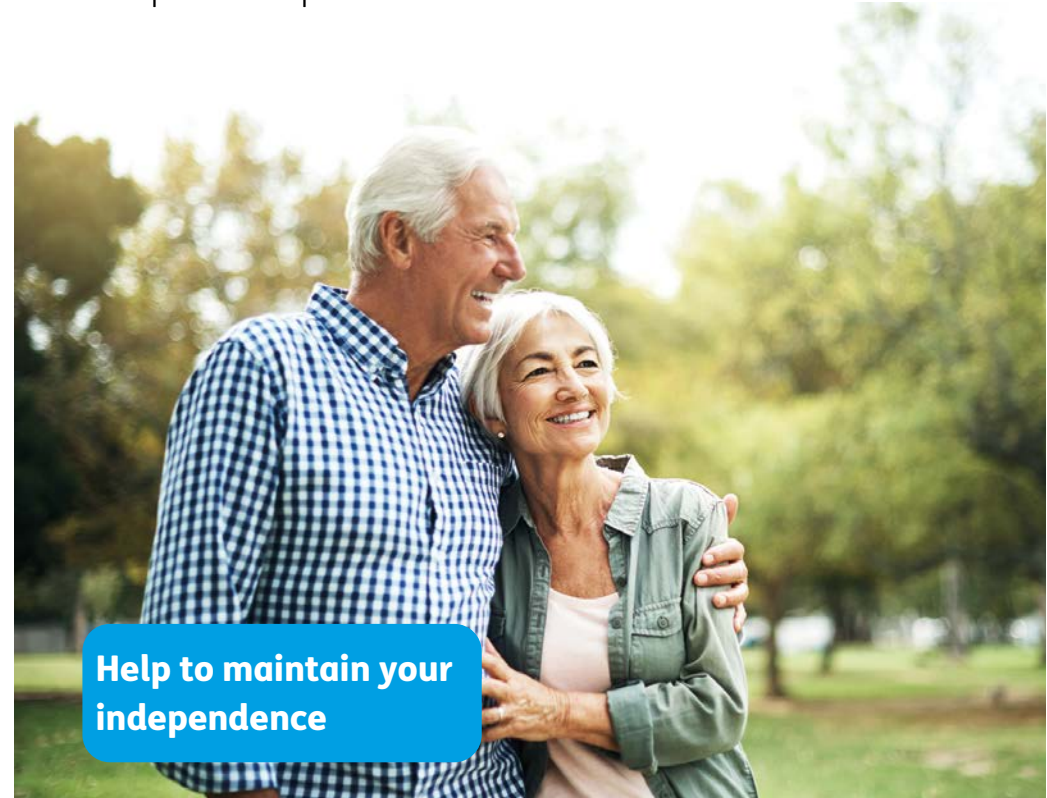
Limited Company No. 4199449



## LIFestyle Service

Are you in need of some help in your daily life and around the home?

If so, Age UK Sunderland's LIFestyle service is for you. We have a fully trained dedicated team of Older People's Support Workers covering the whole of the city who can help with your housework, shopping, or a visit for companionship.



Help to maintain your independence

As a local charity Age UK Sunderland aims to support people aged 50+ across the city to **remain independent in their own home.**

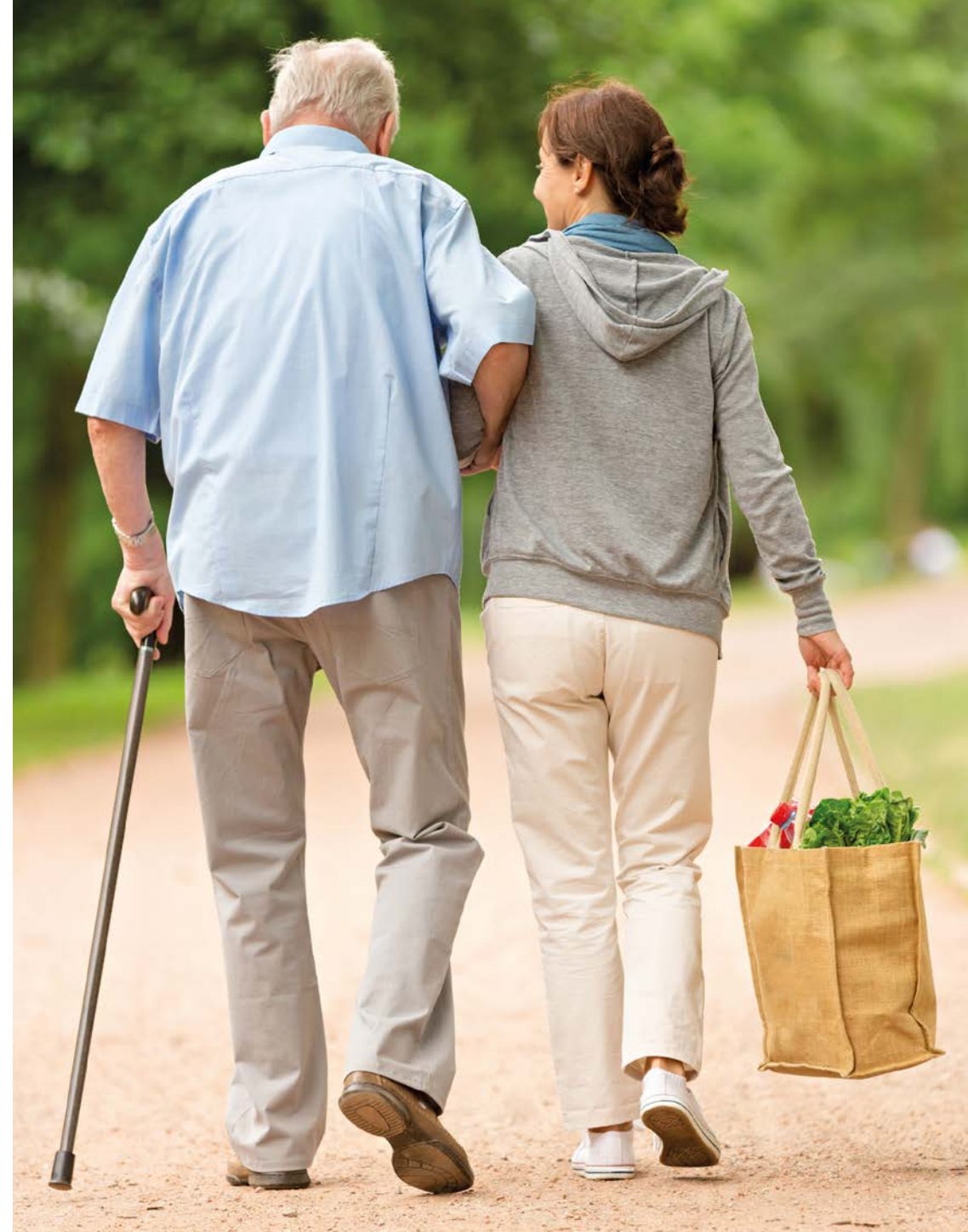
### **LIFestyle offers help with:**

- **Light Housework** - including ironing, changing your bed, vacuuming or dusting
- **Shopping Support** - either on your behalf, or accompanying you
- **Companionship & Outings** - for those times you may be a little lonely or need some support to get out and about

### **What to expect from LIFestyle:**

- Initial informal home appointment to discuss your needs and how the service works & pricing schedule (please note there is a charge for this service)
- Regular visits that suit you each week
- Clear and accommodating cancellation policy
- A LIFestyle Worker who is fully DBS checked and trained in delivering a quality service
- Flexibility when you need to rearrange a visit, if we can help, we will

*“We would like to thank the LIFestyle Worker for his sterling work helping out with my Mam”*



*“My Lifestyle Worker is lovely and I am really pleased with the work she does for me”*