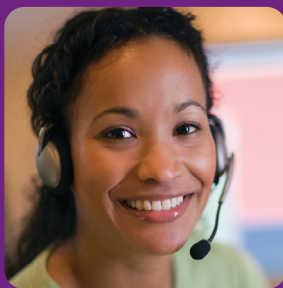




Supporting you in later life



Contact us on: 01483 503414 or www.ageuk.org.uk/surrey
Improving later life for people across Surrey

Improving Later Life for you

We are Age UK Surrey and our goal is to help everyone aged 50+ make the most of life.

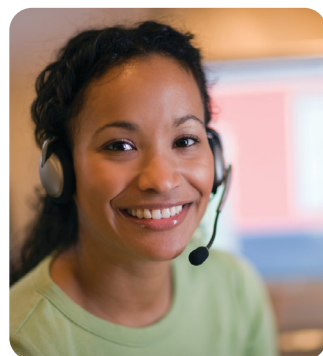
We believe that your later years should be fulfilling and enjoyable. That is why we are dedicated to providing a range of services and activities across Surrey to help you stay independent, healthy and active.

Please see our website for further information and updates about services and activities: www.ageuk.org.uk/surrey



INFORMATION AND ADVICE

We are experts in older people's issues and can give you information and advice on:



- **Your income** - including free benefits checks and support to apply for appropriate benefits.
- **Community Care** - such as finding a care home or getting some help at home, and how it's going to be paid for.
- **Support available to help you stay in your home** e.g. someone to do domestic chores or gardening.
- **Safety in your home** - such as telecare and alarms.
- **Scams Awareness Information.**
- **Healthy living** e.g. social and fitness activities.
- **Housing** - such as housing options, homelessness, repairs.
- **How to access support if you care for someone.**
- **Equipment** e.g. home adaptations, where to get a stair lift.

We can provide information on how to obtain help for debt, immigration, financial or legal matters, but we cannot provide advice on these matters.

Call us today. Our lines are open Monday to Friday.

Out of hours you can call Age UK National Helpline on 0800 055 6112.



HELP AT HOME

Whether you need someone to keep your home clean and hygienic, do light housework, have a chat or go to the shops we are here to make life easier for you.

Our friendly and reliable Home Helps will undertake a wide range of tasks to help improve your quality of life and keep you independent at home.

How does the service work?

You choose the support you need. Our local team will talk to you about your requirements and will introduce you to a Home Help who has been interviewed and selected by us.

The same Home Help will visit you each week. We will be available to ensure you receive excellent service and answer any questions you may have. If required we will, wherever possible, arrange holiday and sickness cover to ensure you receive continuous support.

All our Home Helps are security checked.

Short term cover

If you have a planned stay in hospital, are recovering from illness, or just need our Help at Home service for a short period of time, do get in touch. Additionally, we can assist if you are aged under 50 with a disability.



Housework

Laundry

Light meals

Shopping

Ironing

Companionship

and much more...

“A wonderful Homehelp - always on time, always cheerful, it’s like having a friend visit”

(Help at Home client)



LASTING POWER OF ATTORNEY

Being prepared will give you and your family peace of mind.

Lasting Powers of Attorney are documents that enable you, while you still have mental capacity, to appoint trusted people as your attorney(s). There are two types of Lasting Powers of Attorney: financial and health. By completing a Power of Attorney, you decide who is going to make future decisions on your behalf if you need help or lose the ability to make decisions for yourself.



Our Information and Advice Team can provide you with free information and advice on LPAs, please contact them on **01483 503414**.

We now offer a full Lasting Power of Attorney (LPA) service which includes a home visit. We guide you step by step through your LPA application, helping to ensure all paperwork is submitted correctly to the Office of the Public Guardian. A fee applies. If you are interested in our LPA service, contact our LPA Coordinator: LPA@ageuksurrey.org.uk or **07593 139549**.



INDEPENDENT CARE ADVICE

Finding the right care for yourself or a family member can be very daunting. Our specialist service will:

- Advise you on the pros and cons of your care options as well as managing the cost of care.
- Shortlist the best care providers for you to choose from.
- Assess the right ongoing care for you by undertaking personal visits.



The service is delivered by Surrey-based Grace Consulting. Age UK Surrey may receive an introducer's fee to support our charitable work.



CHECK IN AND CHAT CALLS

It's good to chat.

Staying connected and having someone to talk to is so important for our wellbeing, especially when we cannot take part in our usual social activities.

If you are missing companionship, we have friendly volunteers who would enjoy having a regular telephone chat with you.

We will talk to you first so we can best match you with a volunteer who will arrange a mutually convenient time to call on a regular basis.

Staying in touch really matters, we look forward to hearing from you.

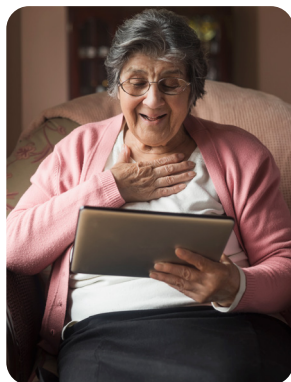


TECH SUPPORT

Our friendly & experienced team of volunteers will help you learn and improve your skills.

Keeping up with digital technology can open up many opportunities such as being able to shop online, watch concerts and films from the comfort of your home and keep in touch with friends and family.

If you need digital help with your computer, tablet or mobile phone, our Tech Support Team of friendly volunteers are just a phone call away.



We also have a Tech Support Centre at Dray Court, Guildford and at the Clockhouse, Milford see page 7. Sessions by appointment only at Dray Court, **Monday to Friday between 10.00am - 12.00pm.**



MEMORY LANE (MCST Sessions), Milford

New at the Clockhouse and open to people with any type of dementia diagnosis OR with mild cognitive impairment, Memory Lane are sessions to help maintain memory and mental functioning.

Trained staff, supported by volunteers deliver the Maintenance Cognitive Stimulation Therapy (MCST) sessions, the only non-drug treatment recommended by NICE (National Institute for Health and Care Excellence). The sessions are fun, supportive and where new friendships can be built.



Mondays, 11.00am - 12.30pm at the Clockhouse Community Centre, Chapel Lane, Milford, GU8 5EZ. A fee applies, for more information please call 01483 420668 or email: clockhouse@ageuksurrey.org.uk

10 to 3

THE 10 - 3 CLUB, Milford

Members of the 10 to 3 Club will enjoy a varied day with options to join in a range of fun and stimulating activities, as well as having relaxation and mindful time. We offer a day of structured activities including gentle chair based exercise, mental agility and activities to promote wellbeing.

Our caring staff and volunteers are on hand all day to provide support and care. The day service includes a two course hot meal prepared by our in-house chef - for £40/day.



Monday to Friday, 10.00am - 3.00pm at the Clockhouse Community Centre, Milford. 01483 420668 or clockhouse@ageuksurrey.org.uk



CLOCKHOUSE COMMUNITY CENTRE, Milford

A bright and spacious centre for all the community. Come and visit, you will be most welcome.

Clockhouse Café Open Monday to Friday 9.15am - 4.00pm for breakfast, hot drinks, cake and lunches.



Transport Minibus service available Tuesday to Friday within a 5 mile radius. Booking required. Journeys typically cost £10 return.

Room Hire Bright and spacious rooms suitable for group activities, events and parties for evenings and weekends. We have kitchen facilities too.

FREE ACTIVITIES & ADVICE

Information and Advice

Mondays 10.00am - 12 noon.

Tech Support

Mondays 10.00am - 12.00pm.

Art Group (£1.50 suggested donation). Thurs 10.30am - 12.30pm.

Parents Meet Up

Tuesdays 10.00am - 12.00pm.

Knit and Natter Alternate Fridays 10.00am - 12.00pm.

Bridge Club

Thursdays 2.00pm - 4.30pm.

Community Choir (£2 suggested donation) Fridays 1.45pm - 3.00pm.

Bingo £7 incl. a hot drink, Mondays 1.30pm - 3.00pm.

COMMUNITY SERVICES

Foot Clinic Thursdays 9.00am - 2.00pm. To book: 07946 663126 or harmonyfeet@gmail.com

Hairdressing Salon Tues, Wed and Thurs 9.00am - 1.00pm. To book: 07789 806953.

Beauty Therapist 9.30am - 2.30pm. To book: 07519 326490.

Better Balance Mondays and Fridays. £6 per session.

Hearing Advice Clinic by NHS Audiology trained volunteer, 3rd Wed of month, 10.00am – 12.00pm

Ear Wax Removal by Audiologist, Fridays. To book: 07599 922791.

Clockhouse Community Centre, Chapel Lane, Milford, GU8 5EZ.
Tel: 01483 420668 Email: clockhouse@ageuksurrey.org.uk



SOCIAL CHAT GROUPS

'Come as strangers...leave as friends'

These sessions offer a space for all over 50s to socialise and meet new people whilst enjoying a cup of tea or coffee. Pre-booking not required.

Cranleigh Wednesdays 10.30am - 12.30pm at Cranleigh Arts Centre Tea Room, 1 High Street, Cranleigh, GU6 8AS.

Farnham Wednesdays 2:30pm - 4:30pm at The Plough Public House, 74 West Street, Farnham, GU9 7EH.

Lingfield Last Thursday of every month 2:30pm - 4:00pm, at Lingfield Day Centre, High Street, Lingfield, RH7 6AB.

Oxted First Tuesday of every month 2:00pm – 3:30pm at Bluehouse Social Centre, Bluehouse Lane, Oxted, RH8 0AD.



GO50 WALKS, in your area & across Surrey

A step in the right direction!

We provide a range of healthy walking activities to suit all abilities led by volunteer walk leaders. Our walks are a great way to improve your overall health and fitness whilst giving you the chance to make new friends. GO50 Walks are a good introduction to get you back into walking and are between 2-5 miles. Longer walks between 6-11 miles are also available for those who enjoy something more challenging.



To find walks in your area, please visit the GO50 calendar on our website: www.ageuk.org.uk/surrey/activities-and-events/go50/ If you do not have access to the internet, please telephone **01483 503414**.

In your area:



MEN IN SHEDS, Merrist Wood College

Learn a new skill and make friends.

Our traditional leisure activity that allows men to socialise, make new friends and learn new wood-working skills is now located in Merrist Wood College. Women are also welcome.

To join, please enquire to find out availability at each of our morning and afternoon sessions.



SHOPMOBILITY, Guildford

Get around Guildford Town Centre, easily.

Located at Bedford Road Car Park with access to the Friary Centre. We have a selection of manual and powered wheelchairs and scooters available to anyone of any age group. You do not have to be registered disabled to use the scheme. To register for the service 2 forms of identity are required. There is a free of charge car parking area alongside the office.



To find out our latest opening times and to pre-book please call: **01483 453993** or email: shopmobility@ageuksurrey.org.uk



MY LIFE, MY STORY, Milford

My Life, My Story is a new Age UK Surrey volunteer-led project.

If you would like a keepsake of moments in your life that were important to you, we will produce a life story booklet for you. A trained volunteer will meet with you to capture memories of your life over a number of weeks. For more information and availability please enquire. **My Life, My Story is open to the over 50s in Surrey.**



RETAIL

We are delighted to announce our brand new style of charity shop – your local Vintage Store – in three locations across Surrey.

Haslemere 9-11 Junction Place, Wey Hill,
Haslemere, GU27 1LE
Telephone: 01428 289030
Monday - Saturday, 10am - 5pm
Sundays 11am - 4pm

Esher 30-32 High Street KT10 9RT, Esher
Telephone: 01372 879842
Monday - Saturday, 10am - 5pm
Sundays 11am - 4pm

Lingfield 23 High Street, Lingfield, RH7 6AA
Telephone: 01342 457935
Monday - Saturday, 10am - 5pm



We would love to receive donations of good-quality stock to our fabulous Age UK Surrey Vintage Stores. We are looking for stock from all eras.

Items wanted:

- Ladies fashions
- Accessories, Bric-a-brac
- Small electrical goods
- Gentleman's garments
- Books
- Children's clothes

Unable to accept:

- Children's toys
- Videos/CDs/DVDs/Blu-Ray
- Large items of furniture
- Cutlery and bladed items

CAN YOU SPARE SOME TIME TO VOLUNTEER?

Would you like to be part of these vibrant new shops and play your role in supporting older people across the County? If you would like to get involved by volunteering for any of our activities and services, fundraising or supporting an event, do contact us. **We would love to hear from you.**

Can you help us?



We depend on donations and legacies to support our work within Surrey. You can donate by completing the form below or via our website: www.ageuk.org.uk/surrey/get-involved/donate

Yes I would like to donate: £5 £10 £15 Other: £ to Age UK Surrey

Title Name

Address

Postcode Tel

Email

Signed Date

Using your personal information: Age UK Surrey would like to keep you informed about our events, campaigns, services and ways you can support us and to send you our newsletter. Please tick the appropriate boxes to let us know how you would like to hear from us:

I would like to be updated by EMAIL I would like to be updated by POST

If you have any questions on how your data is used and our Privacy Policy please visit our website: www.ageuk.org.uk/surrey/help-page/privacy-policy/ or call us on **01483 503414**

Boost your donation by 25p of Gift Aid for every £1 you donate:

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

- Yes I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Age UK Surrey. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please notify us if you: want to cancel this declaration; change your name or home address; or no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

giftaid it

Please complete and return this form with your cheque made payable to Age UK Surrey to the following address: Age UK Surrey, The Clockhouse, Chapel Lane, Milford GU8 5EZ



**Age UK Surrey is an independent local charity.
We work for everyone over the age of 50 offering a wide range
of services to help you make the most of life.**

“ *The wonderful people at Age UK Surrey helped my mum get her full pension entitlements and now she doesn't have to struggle quite as much to make ends meet every week. Very helpful and they even did a home visit.* **”**

**We rely on donations to support our local services.
If you would like to get involved by volunteering, fundraising
or supporting an event, we would love to hear from you.**

For more information please call:

01483 503414

Or visit our website at:

www.ageuk.org.uk/surrey

Keep in touch and follow our news on social media:



@AgeUKSurrey

Age UK Surrey

The Clockhouse Community Centre
Chapel Lane, Milford, Surrey, GU8 5EZ
Tel: 01483 503414 | Text: 07593 139560
Email: enquiries@ageuksurrey.org.uk

Registered Charity Number: 1036450