



# Supporting you in later life

## OUR GUIDE TO SERVICES & ACTIVITIES

age better  
TOGETHER  
in Surrey



# Improving later life for you

Age UK Surrey believes 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. Age UK Surrey's goal is to help everyone aged 50+ make the most of life. Please see our website for further information and updates about services and activities: [www.ageuk.org.uk/surrey](http://www.ageuk.org.uk/surrey)



## INFORMATION AND ADVICE

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



- **Boosting your income** - support in making benefit claims to ensure you are receiving monies you are entitled to. We can also advise on ways to reduce your living costs.
- **Getting the right care for you** - guidance and advice on finding and arranging care at home or care home options.
- **Staying independent at home** - help you obtain assessments and grants for home adaptations such as grab rails, stair lifts etc.
- **Housing** - help with issues such as homelessness, repossessions, disrepairs.
- **Caring for others** - help you access the support available to carers.
- **Planning for your future** - a range of practical support, advice, and guidance on the options available to you and the key considerations when planning your future. For information on our countywide events and online webinars, call 01483 446627 or visit our website.

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

**Email us or call 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

**Our Help at Home service supports independent living by introducing you to a friendly, reliable Home Help who can assist with cleaning, light housework, companionship, shopping, and other everyday tasks.**

You choose the support you need. Our local team will discuss your requirements and match you with a Home Help who has been interviewed and security checked. You agree directly on tasks, schedules, and arrangements, with many people opting for regular weekly visits.



We remain available to provide ongoing support, answer questions, and help arrange alternative cover if your Home Help is unavailable.

**Short-Term Support** is also available for hospital stays, recovery from illness, attending appointments and events or temporary needs. The service may also be available to people under 50 with a disability.



## GARDENING SERVICE

**Our gardening service helps keep your outdoor space safe, tidy and enjoyable, whether you need regular maintenance, grass cutting or planting.**

We match you with a vetted independent gardener from our register. All gardeners are interviewed, DBS checked and insured. You agree directly with the gardener on the work and schedule. Our team remains available to provide ongoing support and answer any questions.



**One-Off Support** If you need help with a one-off task rather than ongoing support, we can introduce you to a vetted self-employed gardener. This may include garden tidy-ups, hedge cutting or jet washing.



### CHECK IN AND CHAT CALLS

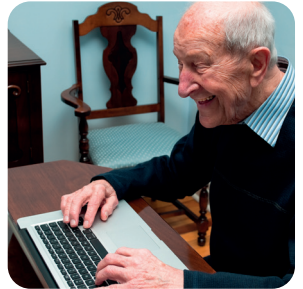
**It's good to chat.** Staying connected and having someone to talk to is so important for our wellbeing. We have friendly volunteers who would enjoy having a regular telephone chat with you. We will talk to you first so we can best match you with a volunteer who will arrange a mutually convenient time to call on a regular basis.



### TECH SUPPORT BY TELEPHONE

**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.



**Call: 01483 503414 or email: [techsupport@ageuksurrey.org.uk](mailto:techsupport@ageuksurrey.org.uk)**



### INDEPENDENT CARE ADVICE

**Finding the right care 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 Ltd. Age UK Surrey may receive an introducer's fee to support our charitable work.



## LASTING POWER OF ATTORNEY

**Being prepared will give you and your family peace of mind.** Lasting Powers of Attorney (LPA) are documents that enable you, while you still have mental capacity, to appoint trusted people as your attorney(s). There are two types of LPA: financial and health. By completing a LPA, 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 also offer a paid LPA service, including a home visit, with step-by-step support to complete and submit your application 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](mailto:LPA@ageuksurrey.org.uk) or 07593 139549.**



## MEMORY LANE AT HOME

**Memory Lane at Home provides a dual-benefit service.** We focus on enhancing the well-being of individuals living with a dementia diagnosis or memory challenges, while simultaneously providing family carers with a reliable, much-needed break.



Our Home Support Workers help clients stay active, connected, and independent through companionship, outings, hobbies, and social activities. For clients who prefer to stay at home, we provide person-centred companionship through meaningful activities, conversation, and a reassuring presence. Before visits can be booked, all clients must first register with the service to ensure the highest standards of safety and care. Registration includes a home assessment by a Service Coordinator, covering medical history, routines, interests, and any support or safety needs. We then match you with a suitable Home Support Worker. **To find out more call 01483 420668 or email: [Memory.Lane@ageuksurrey.org.uk](mailto:Memory.Lane@ageuksurrey.org.uk)**



### MEMORY LANE (MCST SESSIONS)

Our Maintenance Cognitive Stimulation Therapy (MCST) sessions welcome people at any stage of the dementia journey, our trained team and volunteers guide structured, stimulating activities that support memory and cognitive function. Booking is required and a fee applies.

- Milford** The Clockhouse Community Centre, Milford, GU8 5EZ.  
Mon & Thurs, 11.00am - 12.30pm. Thurs 1.30pm - 3.00pm.
- Mytchett** The Mytchett Centre, 140 Mytchett Rd, Mytchett, Camberley  
GU16 6AA. Tuesdays, 10.30am to 12.15pm.
- Ash** The Benson Room, Japonica Court, Shawfield Road, Ash,  
Guildford, GU12 6QU. Thursdays, 10.30am to 12.15pm.
- Ripley** Ripley Village Hall, High Street, Ripley GU23 6AF  
1st Friday of the month, 12.45pm to 2.30pm
- Dorking** Nower House, Coldharbour Lane, Dorking RH4 3BL  
2nd Friday of the month, 10.45pm to 12.30pm

Call 01483 420668 or email: [Memory.Lane@ageuksurrey.org.uk](mailto:Memory.Lane@ageuksurrey.org.uk)



### DEMENTIA FRIENDSHIP GROUPS

Our dementia friendship and support groups provide a welcoming safe space and a chance to socialise for people with dementia and their carers. The sessions are filled with activities, fun and visits from local services. Tea and biscuits are provided, and donations are welcome.

- Milford** Same address as above. Tuesdays, 2.00pm - 3.30pm.
- Mytchett** Same address as above. Tuesdays, 1.00pm to 2.30pm.
- Ash** Same address as above. Thursdays, 1.00pm to 2.30pm.
- Ripley** Same address as above.  
1st Friday of the month, 11.00am to 12.30pm.
- Dorking** Same address as above.  
2nd Friday of the month, 1.00pm to 2.30pm.

Call 01483 420668 or email: [Memory.Lane@ageuksurrey.org.uk](mailto:Memory.Lane@ageuksurrey.org.uk)

In your area:

10<sup>to</sup>3

## THE 10-3 CLUB DEMENTIA RESPITE, Milford

Our 10–3 Club at the Clockhouse Community Centre in Milford offers specialist day support for people living with dementia in a safe, kind and nurturing environment. Guests enjoy meaningful activities, gentle exercise and companionship, while families and carers benefit from valuable respite and peace of mind.



A freshly prepared two-course hot meal is included, and our experienced, caring team are on hand throughout the day to provide reassurance, support and companionship.

A fee applies. There are a choice of sessions:

**Regular weekday** Monday to Friday, 10.00am – 3.00pm

**Extended weekday** Monday to Friday, 9.30am – 4.30pm

**Regular Saturday sessions available** 10.00am – 3.00pm

Please contact us to find out more or to arrange a visit.

**Call 01483 420668 or email: [clockhouse@ageuksurrey.org.uk](mailto:clockhouse@ageuksurrey.org.uk)**



## CLOCKHOUSE COMMUNITY CENTRE, Milford

A bright and spacious centre for all the community.

**Clockhouse Café** Open Monday to Friday, 9.15am - 4.00pm for sandwiches, toasties, jacket potatoes along with drinks and cakes.

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



**Services & Activities** We offer a range of activities, some run by outside organisations that you pay directly, others are run at the centre for free or for a small fee/donation and are supported by volunteers.

**The Clockhouse Community Centre, Chapel Lane, Milford, GU8 5EZ.**  
**Call 01483 420668 or email: [clockhouse@ageuksurrey.org.uk](mailto:clockhouse@ageuksurrey.org.uk)**



### SOCIAL CHAT GROUPS

#### 'Come as strangers...leave as friends'

These sessions offer a place 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 2:00pm - 4:00pm  
at The Hop Blossom, 50 Long  
Garden Walk, Farnham GU9 7HX

**Lingfield** Last Thursday of every month 2:30pm - 4:00pm, at Lingfield  
& Dormansland Community Centre, Lingfield, RH7 6AB.

**Oxted** 1st and 3rd 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 6-8 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.

**For more information please email: [Go50@ageuksurrey.org.uk](mailto:Go50@ageuksurrey.org.uk) or call 01483 503414**



## MEN IN SHEDS, Merrist Wood College

### Learn a new skill and make friends.

A bespoke community space 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.

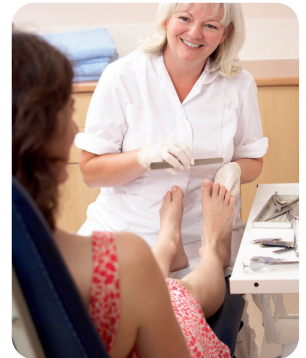
To join, please enquire about availability at each of our morning and afternoon sessions.



## HAPPY FEET, Milford

**Our trained Footcare Health Assistant cuts and files your toenails.** Your feet are first assessed to ensure our service is suitable for you. You will have your own Happy Feet nail kit to bring with you on each appointment which will last approximately 30 mins. A fee applies. Happy Feet nail kit is a one-off purchase at your first session.

At the Clockhouse Community Centre, Milford GU8 5EZ. **To find out more call 01483 446625 or email: [happyfeet@ageuksurrey.org.uk](mailto:happyfeet@ageuksurrey.org.uk)**



## TECH SUPPORT DROP-INS, Guildford & Milford

### Need digital help with your computer, tablet or mobile phone?

Free support given by our team of friendly Tech Support volunteers at 2 locations:

- Dray Court, Madrid Road, Guildford GU2 7UW  
Wednesdays 10.00am - 12 noon
- The Clockhouse Community Centre, Chapel Ln, Milford GU8 5EZ. Mondays 10.00am - 12 noon





### RETAIL, East Molesey, Haslemere & Lingfield

We have three unique shops offering a range of good quality items at very reasonable prices. The money raised goes back into the local community, helping local people lead fulfilling later lives.

**E Molesey** 128 Walton Road, East Molesey  
KT8 0HP. Tel: 020 3540 1651  
Monday - Saturday, 10am - 5pm

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

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



We accept donations of your unwanted goods and always need more to keep our shops full and vibrant, so please raid your cupboards, sparerooms and garages for anything you no longer want.

#### Items wanted:

Ladies fashions  
Accessories, Bric-a-brac  
Large items of furniture  
Gentleman's garments  
Books

#### Unable to accept:

Children's toys  
Videos/CDs/DVDs/Blu-Ray  
Small electrical goods  
Cutlery and bladed items  
Children's clothes

## CAN YOU SPARE SOME TIME TO VOLUNTEER?

Would you like to be part of these vibrant shops and play your role in supporting older people across the County? If you would like to get involved by volunteering for retail, any of our activities and services, fundraising or supporting an event, do contact us. **We would love to hear from you, please email: [volunteer@ageuksurrey.org.uk](mailto:volunteer@ageuksurrey.org.uk)**

# 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](http://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/](http://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.

Although we are part of the Age UK network and share the same mission and brand, Age UK Surrey raises its own funds to provide services specifically for older people living in Surrey.

If you would like to get involved by volunteering, fundraising, supporting an event or leaving a legacy in your Will, we would love to hear from you.

For more information please call:

**01483 503414**

Or visit our website at:

**[www.ageuk.org.uk/surrey](http://www.ageuk.org.uk/surrey)**

Do keep in touch and follow us on:



### **Age UK Surrey**

The Clockhouse Community Centre

Chapel Lane, Milford GU8 5EZ

Tel: 01483 503414

Text: 07593 139560

Email: [enquiries@ageuksurrey.org.uk](mailto:enquiries@ageuksurrey.org.uk)

Registered Charity Number: 1036450

July 2026



Thank you for the advice we have had through one of your advisers. She is professional, warm and compassionate which, in our situation gives us encouragement and hope.

***Anonymous, I&A client***

I have nothing but the highest praise for the Help at Home service I got from Age UK Surrey.

It was fantastic and I don't know what I would have done without them ... it was absolutely brilliant!

***Ashley, Help at Home client***

A weekly share of kindness and camaraderie. The team are always warm, full of fun and kindness.

***Joan, Dementia Support client***

