



# Your local, independent charity for over 50's




We have supported people in Trafford since 1975.

We work only in Trafford and rely on local funding, fundraising and donations to provide each individual service.



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## Follow us on

-  @ageuktrafford and @dementiaadviser
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[www.ageuktrafford.org.uk](http://www.ageuktrafford.org.uk)

**The Sharples Building,  
1-3 Church Rd,  
Urmston M41 9EH**

Registered Charity No. 1109047  
Company No. 5384301



# OUR SERVICES

## Passion for Life Day Support

For people with dementia.

0161 672 9644 / 07469 149 304

## Memory Loss Advice Service

Info, advice and support for people with dementia and Mild Cognitive Impairment (MCI).

0161 746 3944

## Traders Register

List of traders who have provided us with references and insurance details.

0161 746 9754 / 0161 746 7000

## General Information & Advice

Helpline and appointments, including pension age benefit advice.

0161 746 3940

## Discounted Wills, Legal Advice & Tax Help

By appointment.

0161 746 9754 / 0161 746 7000

## Get Connected

Help and support to use your digital device and stay connected.

0161 746 9754 / 0161 746 7000

## Home Library Service

Book deliveries for the housebound.

0161 746 9754 / 0161 746 7000

## Urmston Community Hub

Community support in the M41 postcode area.

0161 746 9754

## Falls Prevention

Trafford wide information, co-ordination and postural stability classes.

0161 672 9642

## Social Activities

Includes monthly afternoon tea, online coffee morning and walking football.

0161 746 9754 / 0161 746 7000

## Social Enterprise/Recycling

Charity Retail, all profits used to provide services in Trafford.

Ashton on Mersey 0161 905 1438

## Volunteering Opportunities

A range of volunteering positions available. 1 - 6 hours a week depending on the role.

0161 746 9754 / 0161 746 7000

## GM Care Partnership

Supporting training in the private and voluntary care sector.

0161 746 3943

## Mental Health Support

Well-being for older people.

0161 746 3949

## Social Prescribing

Supporting GP practices in the West and South of Trafford.

0161 672 9645

## Room Hire

We have rooms for hire, with IT, presentation facilities and kitchen access for 5 - 50 people.

0161 746 9754 / 0161 746 7000

Contact the numbers above for more information on specific services.