

# Information and Advice

for people over 50 and their carers  
on a wide range of topics



## We offer:

- Free confidential, independent and impartial advice
  - Fully trained friendly advisers
- Drop in or call whatever your problem

**Telephone: 0161 746 3940**

Opening Hours: 9.30am-1.00pm Monday-Thursday  
(reverts to national helpline out of hours)

Website: [www.ageuktrafford.org.uk](http://www.ageuktrafford.org.uk) Email: [admin@ageuktrafford.org.uk](mailto:admin@ageuktrafford.org.uk)

We treat everyone fairly, irrespective of their age, disability, gender, gender identity, sexual orientation, ethnicity or religion

**These are just some of the topics we can provide information on, please contact us to find out more.**

- General Advice/ signposting
- Benefits advice and support e.g. Attendance Allowance/Pension Credit
- Bereavement benefits
- Form filling (by appointment)
- Making a will (discounted wills service available by appointment)
- Help to find a range of care solutions
- Residential and nursing care information
- How to access care at home/ adaptations
- Housing enquiries
- Traders list
- Information on local groups/ activities

### **Weekly Care Home vacancy list**

Are you looking for a care home or nursing home? We currently provide a bed availability list that we update on a weekly basis, giving accurate information on care homes in Trafford.

### **Solicitor surgery**

We offer a free 1/2 hour no obligation appointments with a solicitor to discuss wills, power of attorney, probate, court of protection. You can take advantage of a discounted will which is £90 for a single will and £135 for a double will for couples. (Please note the Solicitor you will see is completely independent from Age UK Trafford.) We also have a solicitor offering free 1/2 hour appointments on issues such as top up fees, continuing healthcare, and issues around the funding of care.

### **"Silver Surfer" Computer/ iPad/ Tablet help**

We offer both one to one sessions and courses aimed at beginners wanting to know how to use an iPad/ tablet, laptop or even smartphones. Please contact us on 0161 746 9752 for further information.

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

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