



# A guide to our services



Advice, support and services for people over 50  
Here for you by phone 01977 552114  
and online [www.ageukwd.org.uk](http://www.ageukwd.org.uk)

Please see the list below with a brief description of our services, for more information, please call 01977 552114 or visit our website [www.ageukwd.org.uk](http://www.ageukwd.org.uk)



## Information and Advice

A free advice line offering support and help through life's difficulties such as

- Benefit reviews
- Housing issues
- Blue badge applications
- Money worries



## Connecting Care

Working with a team of professionals across the district addressing your health and social needs such as...

- Mental & physical health concerns
- Financial stability
- Wills & Power of Attorney
- Home Adaptations



## Advocacy

Making sure your voice is heard for the important decisions in your life. We will be with you step by step to help get the best results for you.



## Veteran Support Service

Working closely with local armed forces organisations to make sure veterans are aware of all the benefits and services they are entitled to receive.



## Wraparound Support

Our staff are ready to listen and support you if you are feeling anxious, have low mood or depression.



## Dementia Group Therapy

Using the Cognitive Stimulation Therapy method, this programme is designed for people with Mild to Moderate dementia. A programme has 24 weekly sessions for 8-10 people covering a wide range of engaging topics.

**Free Services**



## Hospital Transport Support Service

Safe and comfortable transport from hospital to a respite facility or your home. Making sure you have everything you need to make your discharge from hospital as smooth as possible, such as...

- Luggage/bags carried for you
- Support to and from our vehicles
- Welfare call and continued support
- Home heating check
- Basic food shop completed
- Wheelchair friendly assistance

Referral for this service is available from hospital staff only

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## Befriending



Matching Volunteer Befrienders with isolated and lonely older people, providing friendship and support.

A choice of either regular telephone befriending or regular home visit befriending is available.

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## Digital Inclusion



Helping people to get connected online, communicate with friends and family and complete online transactions. For more information about our free computer tablet loan scheme, please call the main telephone number.



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## Step Out

Assisting and supporting over 60's to gain the confidence to improve or increase independent access to social activities and groups, making later life a more enjoyable experience.



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## Time for Tea

Monthly group activities across the district, bringing people together for a chat and a cuppa in easily accessible locations. If you'd like to hear more about our Time for Tea project or receive a free copy of our wellbeing newsletter, please get in touch via the main telephone number.



## Home Support Services

Paid for services to meet your domestic and personal care needs, enabling independent living in your own home including:

- Support tailored to individual needs, combining personal care and domestic support
- Intermittent respite, providing a break for those who care for others
- Short term support in times of crisis

For more information please use our direct telephone number 01977 664861

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**Age UK Wakefield District is an independent charity working in the Wakefield district to offer support and services to older people.**

**Find out more about us at : [www.ageukwd.org.uk](http://www.ageukwd.org.uk)**

### How you can offer support...



#### Through donations...

We are always grateful for your donations of goods for our shops but please check the website for opening times to make sure there's someone there to accept them.



#### Through volunteering...

There are ways you can help such as Telephone Befriending, supporting our Digital Inclusion programme, shop team member or even joining our governing board.



#### Through giving...

You can use the Donate button on our webpage and visit JustGiving to support our sponsored challenges at [www.justgiving.com/ageuk-wakefield](http://www.justgiving.com/ageuk-wakefield)



#### Through fundraising...

Why not organise an event or activity to raise funds for us? From Skydiving to Quiz night the challenge is yours!

**Please contact us if you would like more information about how you can help.**

### Age UK Wakefield District

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