



# 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 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



# **Information and Advice**

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

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



### **Connecting Care**

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

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



### Advocacy

Making sure your voice is heard for the important decisions in your life and clearing the way to communicate with the right people in the most effective way. 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 trained staff are ready to listen and support you if you are feeling anxious about changes to your life, 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
- Wheelchair friendly assistance
- Home heating check
- Basic food shop completed
- Welfare call and continued support

Referral for this service is available from hospital staff only

# Befriending

Matching Volunteer Befrienders with isolated and lonely older people throughout the district of Wakefield, providing friendship and support. A choice of either regular telephone befriending or regular home visit befriending is available.

# **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.



### 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.



### **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.

### **Free 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

### 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

#### 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



#### 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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