

# Our services



## Information and Advice

Free and confidential information and advice on benefits, money, social care, housing and local services. Appointments in our offices, by telephone or home visits available.



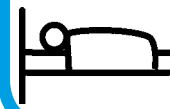
## Digipals

Friendly computer support delivered in person and remotely. Users can work on library computers, their own device or a loan device.



## On-line Food Shopping

Telephone service to take weekly or fortnightly food shopping orders that are placed with an online supermarket and delivered at a convenient time.



## Hospital Discharge Support

Volunteer visits for six weeks after hospital discharge, to help with the transition home from hospital.



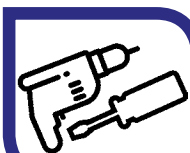
## Foot Clinic

Nail cutting and basic foot care treatment by a trained foot health care practitioner. Treatment room located within our offices.



## Roehampton Community Shed

A group that meets to undertake practical projects, such as upcycling furniture, whilst enjoying a cup of tea and a chat.



## Handyperson

Practical help in the home with minor adaptations and small DIY jobs. Falls prevention and works required to enable hospital discharge are prioritised.



## Be-a-Friend

Weekly volunteer visits, telephone befriending, birthday and Christmas cards, and access to information and support where required.



## Activity and Exercise

Seated exercise and mindfulness delivered remotely or in person. Accompanied walks and activity sessions.



## Voluntary Services Navigation

Working within Community Adult Health Services to facilitate referrals to voluntary services for people with complex health conditions.

## You can make a difference...

Age UK Wandsworth is a small, local, independent Charity that has been working with older people since 1963. Whilst we partner with Age UK nationally, our money is mostly raised locally and spent supporting the older residents of Wandsworth. We have a small team of experienced staff and a large network of dedicated local volunteers. Our aim is to enable everyone to age well in Wandsworth. We would love your help to be able to continue to support older Wandsworth residents.

## Can you help us deliver volunteer services?

Call us to discuss how you could help us deliver services that match your capabilities. We will assist you with DBS checks and provide the required training.

## Can you help us with a one-off or regular donation?

All donations are gratefully received and your gift will make a genuine difference to the lives of older people in Wandsworth who need our support.

## Can you help us be there for future generations?

We have been helping older people in Wandsworth for nearly 60 years. You can help us be there for the next 60 years by remembering Age UK Wandsworth in your will. Importantly, if you do decide to donate or leave a gift in your will, please remember we are Age UK Wandsworth (registered charity number 1069406), not Age UK.

## Contact details

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@ageukwandsworth

**Our office is open Monday—Thursday, 10am—3pm.**

Age UK Wandsworth is a trading name of Age Concern Wandsworth, which is a registered charity (no. 1069406) and company limited by guarantee (registered in England and Wales no. 3531311).



# About us

