

 @ageukwestcumbria  @ageukwestcumbria  @ageukwc2

West Cumbria  
**ageUK**  
I&A

# INFORMATION & ADVICE



[www.ageuk.org.uk/westcumbria/](http://www.ageuk.org.uk/westcumbria/)  
[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

**01900 844 670**

# WHAT WE OFFER...

- Advice on benefits and support to complete benefit applications
- Advice on money and financial matters
- Support completing forms for other services and/or products (e.g blue badge applications)
- Support to access Winter Warmth grants
- Provide information on alternate housing, such as sheltered and residential accommodation
- Help completing forms for housing applications

## The following questions will help to determine eligibility for Attendance Allowance:

Do you need help getting in and out of bed?

Do you need help with your toilet needs?

Do you need help with washing and dressing?

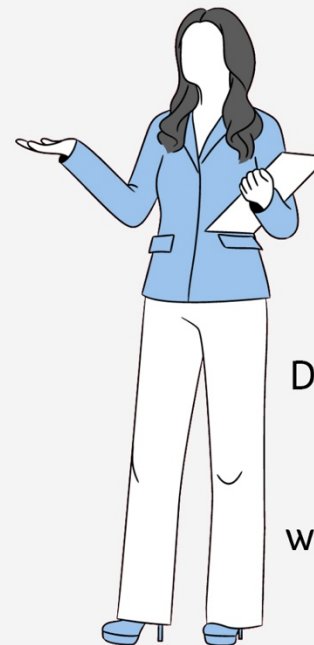
Do you need help moving around your home?

Do you fall or stumble?

Do you need help with cutting up your food and eating it?

Do you need help with taking your medication?

Do you need help during the night such as turning over, changing position, or do you need someone watching over while you are asleep (e.g waking night)?



## What is I&A?

Our Information & Advice Service is delivered by trained and knowledgeable staff who can advise you on the best services and support to meet your needs.

### Who We Help

This service is for anyone aged 55 and over who lives in Copeland or Allerdale.

### How Much Does it Cost?

This service is completely FREE.



**MORE INFO  
& ADVICE**

## CONTACT US

WE CAN PROVIDE MORE INFORMATION AND OFFER A FREE CONSULTATION.

**CALL 01900 844 670**

**EMAIL [INFO@AGEUKWESTCUMBRIA.ORG.UK](mailto:INFO@AGEUKWESTCUMBRIA.ORG.UK)**

# BEFRIENDING SERVICE



[www.ageuk.org.uk/westcumbria/](http://www.ageuk.org.uk/westcumbria/)  
[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

**01900 844 670**

# Fancy a chat with a trusted friend?

Our befriending service provides a supportive friendship to old people who may experience difficulty getting into the community. As we get older, our lives may change and opportunities to form friendships may become less frequent.

Age UK can provide a solution to this through our befriending service.

## What do we offer?

### *Telephone Befriending*

Clients will be matched with one of our volunteers for regular chats over the phone.

### *Home Visits*

One of our volunteers will arrange to meet you in your home on a regular basis.  
(Please note: home visits are subject to volunteer availability)



Your befriender will be there for you to confide in, to alleviate stress and loneliness through friendly and engaging conversations.

## Is befriending suitable for you?

Our service is open to anyone aged 50+ who is experiencing loneliness and seeking a companion to offer support and boost your confidence.

**If you are interested in starting a new friendship through us, you will need to:**

- Be aged 50+
- Have access to a telephone (landline or mobile)
- Be happy to have a volunteer schedule regular face to face or telephone meetings **for you**

# WANT TO VOLUNTEER AS A BEFRIENDER?

**We would love to hear from you  
if you:**

- Are aged 18+
- Are happy to agree to a full background and DBS check
- Have access to your own transport and/or telephone
- Can commit to regularly scheduled meetings



# VOLUNTEER WITH US!

## FIND OUT MORE...

WE CAN PROVIDE MORE INFORMATION ABOUT  
BEFRIENDING BEFORE YOU COMMIT TO THE ROLE.

**CALL 01900 844 670**

**EMAIL [INFO@AGEUKWESTCUMBRIA.ORG.UK](mailto:INFO@AGEUKWESTCUMBRIA.ORG.UK)**

# DAY CENTRES SERVICES



[www.ageuk.org.uk/westcumbria/](http://www.ageuk.org.uk/westcumbria/)  
[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

**01900 844 670**

# Welcome to Day Centre!

## What is Day Centre?

Our Day Centre is a place where you can socialise with old and new friends in a safe environment!

## What this service offers:

- Full or half day options
- A day full of activities
- Free refreshments (*plus an optional lunch for an additional charge*)
- Advice and support if wanted
- Transport (*available upon request*)

## When and Where:

Transportation pick ups start at 8:30am.

Contact us for more details on days and locations.



**“The help, support and companionship I receive in Day Centre is invaluable.”**

We provide activities tailored to **your** needs:

- Art & crafts
- Baking
- Board games
- Karaoke
- Light exercise

**We also offer support for people with mobility and/or cognitive impairments.**



## FIND OUT MORE...

**If you want to know more about payments or transport requests, get in touch with us.**

**Call 01900 844 670**

**Email [info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)**

# WANT TO VOLUNTEER IN DAY CENTRE?

**We would love to hear from you  
if you:**

- Are aged 18+
- Are happy to agree to a full background and DBS check
- Like to socialise and take part in activities
- Be comfortable around people with mental and physical impairments



# VOLUNTEER WITH US!

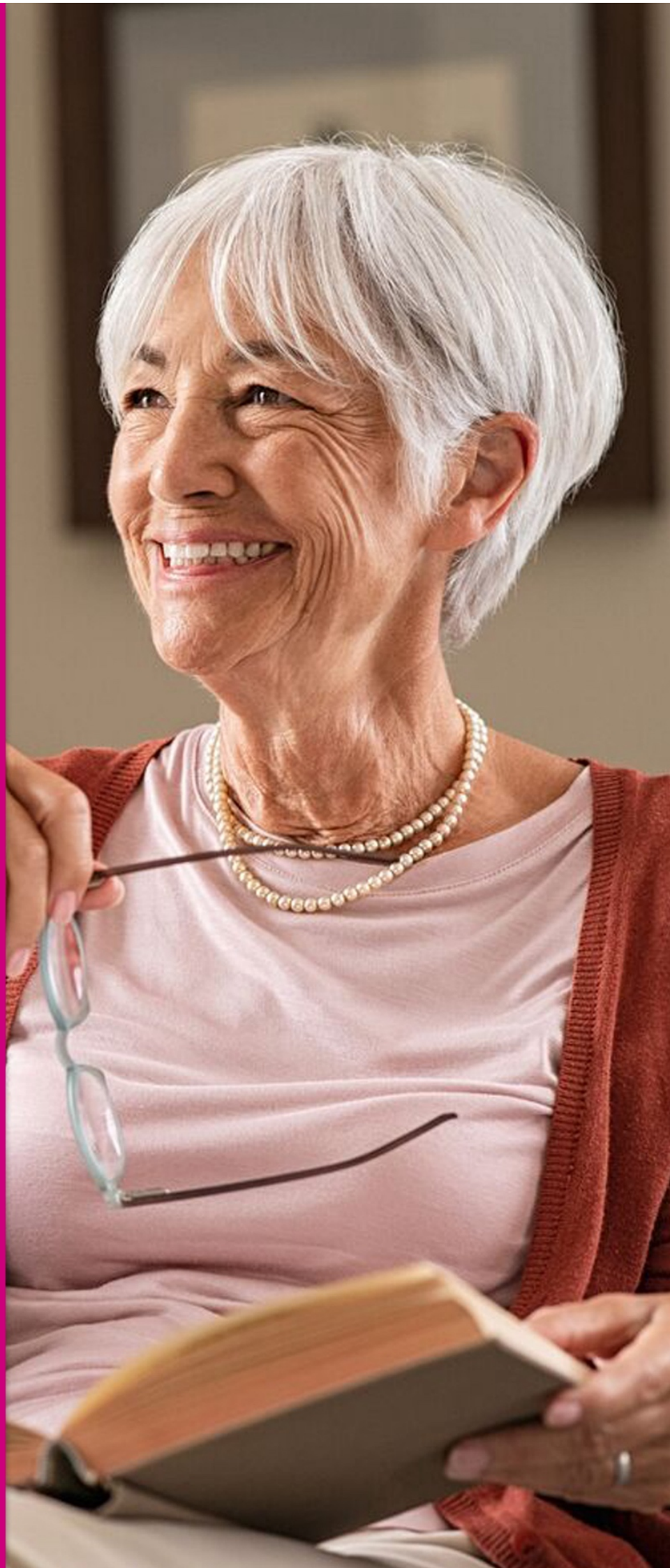
## FIND OUT MORE...

WE CAN PROVIDE MORE INFORMATION ABOUT  
OUR DAY CENTRE BEFORE YOU COMMIT TO THE ROLE.

**CALL 01900 844 670**

**EMAIL [INFO@AGEUKWESTCUMBRIA.ORG.UK](mailto:INFO@AGEUKWESTCUMBRIA.ORG.UK)**

# WELL@HOME



## Who is eligible?

- You must be referred for this service by Hospital Discharge Team
- You need to be 50 or over
- You need to live in either: **Carlisle, Eden, Copeland or Allerdale areas**

## Who will deliver this service?

This is a funded service, delivered by Age UK West Cumbria, Age UK Carlisle & Eden.

**All 'Well@Home' team members are fully trained to provide the best service possible.**

## Following your discharge from hospital

- You will receive regular welfare visits and phone check ups which will provide a short-term person-centred support after your discharge, plus further home visits for support and access to community services.
- The Well@Home team will perform a well-being review and give advice on where to find further support if needed.

## The Services your Well@Home Team can offer:

- Cleaning in advance of your discharge
- Keysafe installation
- Setting up digital services, such as online shopping
- Telecare support
- Move@Home exercises to help you build strength
- Setting up services to support you after the Well@Home support has finished
- Signposting to other relevant Age UK and/or other Third Sector services



# Contact us:

**If you live in Allerdale & Copeland**

01900 844 670

[wellathome@ageukwestcumbria.org.uk](mailto:wellathome@ageukwestcumbria.org.uk)

[www.ageuk.org.uk/westcumbria/](http://www.ageuk.org.uk/westcumbria/)

**If you live in Carlisle & Eden**

07956743688

[wellathome@ageukcarlisleandeden.org.uk](mailto:wellathome@ageukcarlisleandeden.org.uk)

[www.ageuk.org.uk/carlisleandeden/](http://www.ageuk.org.uk/carlisleandeden/)



# WELL



# HOME

**“Our top priority is caring for you and making sure that your transition from hospital to home is smooth & stress free.”**

# COMMUNITEA SERVICE



[www.ageuk.org.uk/westcumbria/](http://www.ageuk.org.uk/westcumbria/)  
[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

**01900 844 670**



**A good quality, bespoke service to enable you to stay independent while receiving the help you want from a trusted provider.**

**“ Like having a trusted friend help you out around your own home. ”**



**Household Work - Meal Prep - Gardening  
& Much More!**

**Only £25 per hour**

**Contact us for more information:**

**01900 844 670**

**[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)**



FIND  
OUT  
MORE...

# BACK FROM BEYOND

Supporting & helping our older Military  
Veterans in West Cumbria

 @ageukwestcumbriauk

 @westcumbriaourservices

CALL US BETWEEN 9AM - 4PM

Tom - 07543335768

Mark - 07596954518

## Our Service

Age UK West Cumbria is a registered charity which provides a nail cutting service in various clinics throughout West Cumbria.

The nail cutting service is specifically for people aged 50 and over, who cannot cut their own nails. We provide an efficient, professional nail cutting service which is value for money.



Footwear checks



Regular nail cutting



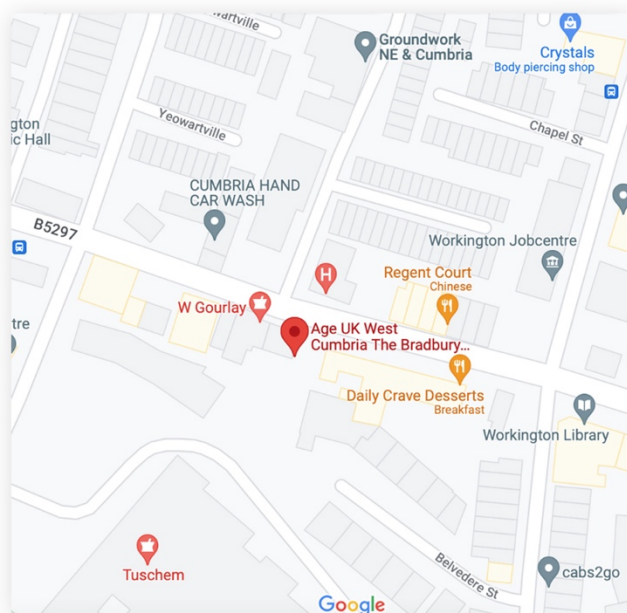
Foot care advice



Clinics throughout West Cumbria



## Contact Us



### VISIT US IN STORE

Age UK West Cumbria  
The Bradbury Independent Living Centre  
Oxford Street  
Workington  
Cumbria  
CA14 2LA

Email: [info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

Telephone: 01900 844 670



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# Nail Cutting



[www.ageuk.org.uk/westcumbria/](http://www.ageuk.org.uk/westcumbria/)  
[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

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# Our Goals...

Foot care in later life is very important to your general health and well-being. Nails may become toughened and difficult to cut which can lead to feet becoming painful and uncomfortable as a result of irregular cutting.

- To reduce the barriers of basic foot care
- To maintain and improve clients mobility
- To increase independence and choice
- Improve access to specialist services
- To provide high quality services
- To safeguard the privacy and confidentiality of the client
- To help them maintain their personal independence

## We CAN treat clients who:

Have no medical risks

Have low risk diabetes

Take anticoagulants

Have Rheumatoid arthritis with no foot problems

## We CAN'T treat clients who:

Are on long-term steroids

Are diagnosed as immune-suppressed

Have suffered from ingrown toenails

Suffer skin conditions affecting the feet

Are currently undergoing chemo or radio-therapy



We operate clinics in Workington, Maryport, Cockermouth, Cleator Moor, Egremont and Whitehaven.

Every Friday at Workington, The Bradbury Independent Living Centre, Oxford Street

Once a month at Cockermouth, Age UK office, 93 Main Street

Every 8 weeks at Maryport hospital, Ewanrigg Rd

Most Thursdays at Whitehaven, Age UK shop, Lowther Street

Once a month at Cleator Moor, Phoenix Enterprise Centre

Once a month at Egremont Market Hall, Main Street

We require a small deposit for each nail appointment.  
**Contact us for prices.**

**2023**

## ACTIVITIES

For the over 50's

### COCKERMOUTH

No.93, Main Street,  
Cockermouth, CA13 9JS



**For more information  
or to book, call**

**01900 844 670 Ext 223**

[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)  
[www.ageuk.org.uk/westcumbria](http://www.ageuk.org.uk/westcumbria)

## MONDAY

**Craft Group @93**  
**10AM TO 12PM**  
**£3**

**Positive Steps**  
**Exercise Class**  
**1PM TO 2PM**  
**£3**

**Seated Exercise**  
**2PM TO 3PM**  
**£3**  
**CHRISTCHURCH HALL**

## TUESDAY

**Art Group @93**  
**10AM TO 12PM**  
**£3**

**Victoria Crafters**  
**Knit & Natter @93**  
**1PM TO 3PM**  
**£3**

**Tai Chi**  
**BEGINNERS**  
**10AM TO 11AM**  
**£4.50**

**IMPROVERS**  
**11AM TO 12PM**  
**£4.50**  
**CHRISTCHURCH HALL**

## WEDNESDAY

**Silver Strollers**  
**MEET @93**  
**12.30PM**  
**£3**

**Nail Cutting @93**  
**PRICE ON ENQUIRY**  
**APPOINTMENT ONLY**

## THURSDAY

**Digipals Computer**  
**Club @93**  
**10AM TO 12PM**  
**£3**

**Friendship Group @93**  
**1PM TO 3PM**  
**£3**

## FRIDAY

**Friday Card Club @93**  
**10AM TO 12PM**  
**£3**

**Friday Exercise**  
**11AM TO 12PM**  
**£3**  
**CHRISTCHURCH HALL**

**Feel Good Friday**  
**Sing-a-long @93**  
**1PM TO 3PM**  
**£3**

**£5!**

# Lunch



# Club!

**GET A TWO COURSE MEAL FOR ONLY £5!**

**EVERY THURSDAY @ THE BRADBURY INDEPENDENT  
LIVING CENTRE, OXFORD STREET, WORKINGTON,  
CA14 2AL**



**MUNCASTER COMMUNITY SHED IS A FANTASTIC WAY FOR OLDER PEOPLE TO STAY ACTIVE AND ENGAGED WITHIN THE LOCAL COMMUNITY.**

THE SHED WILL PROVIDE CARPENTRY, GARDENING AND OTHER ACTIVITIES FOR PEOPLE TO DEVELOP BOTH SKILLS AND FRIENDSHIPS.

**OPENING TIMES:**

MONDAY & WEDNESDAY  
10:00AM UNTIL 15:30PM  
**DONATIONS WELCOME**

**01900 844 670**

**[INFO@AGEUKWESTCUMBRIA.ORG.UK](mailto:INFO@AGEUKWESTCUMBRIA.ORG.UK)**



**Every Thursday**  
**12pm - 2pm**  
**De Lucy Centre,**  
**Egremont**

Join us for  
crafts, games,  
information  
& advice  
and more!



# TOGETHER WE BREW.

COFFEE CLUB

**DONATIONS WELCOME**  
**CUPPA & FRIENDLY CHAT**  
**CALL 01900 844 670**



# EQUIPMENT & MOBILITY



[www.ageuk.org.uk/westcumbria/](http://www.ageuk.org.uk/westcumbria/)  
[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

**01900 844 670**

# Equipment & Mobility

## Age UK West Cumbria Prescription Service

At Age UK West Cumbria, we work closely with the NHS to provide a mobility prescription service. We have trained trusted assessors that go out to deliver and install the equipment into the clients homes as well as providing advice and demonstrations.

## Home Mobility Assessments

We can offer a full mobility assessment in your home and provide you with the best equipment to help aid your mobility. One of our trusted assessors will come to your home and ask you to demonstrate your daily tasks while discussing your struggles with mobility. We can then advise you which aids will help you. Please speak to the equipment manager for prices.

## Referrals of Equipment

At Age UK West Cumbria we work closely with other companies within our community to provide the best quality products.



ACORN Stairlifts - 0800 016 9495  
Quote branch number - 100321 by quoting this number you will be giving a percentage of your sale back into Age UK West Cumbria.

Medequip provide a wide range of personal care alarms and equipment with a 24 hr contact service to give you and your family peace of mind.  
Call: 01900 606 777



Independent Living

Cumbria Mobility provide a huge selection of mobility scooters and wheelchairs and other products. Call: 01228 538383

***Equipment & mobility aids to...***

***LOVE LATER LIFE***

The logo for West Cumbria age UK features a stylized white 'P' icon followed by the text 'West Cumbria age UK' in white.

# What We Sell in Store...

## The Bradbury Independent Living Centre, Workington

We have a range of mobility aids in store - ranging from small everyday aids to bigger pieces of equipment.

We have aids to help mobility, incontinence and impairments such as hearing and sight plus much more!

Come into our store on Oxford Street to speak to a specially trained member of staff who can help you find exactly what you are looking for.

## Don't have what you're looking for in store?

## Customer Orders

Pop into The Bradbury Independent Living Centre, Oxford Street, Workington, CA14 2AL to speak to a qualified member of staff today.

**\*Note: additional charges may apply for delivery and if your equipment needs to be fitted by a professional.**

West Cumbria  
**ageUK**

## Our best sellers!

### Walkers prices start at £100

NRS ROLLATOR  
LIGHTWEIGHT



NRS COMPACT  
EASY ROLLATOR



NRS 3 WHEEL  
FREESTYLE



### Bathroom aids prices start at £30

BELLAVITA  
BATHLIFT



BATH  
BOARDS



TOILET  
RASERS



### Everyday aids prices start at £30

KITCHEN  
TROLLEYS



PERCHING  
STOOLS



OVERBED  
TABLES



# VOLUNTEER WITH US!!



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[info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

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# VOLUNTEER ROLES



## Befrienders

Our befriending service offers emotional support to older people who have difficulty getting themselves out into the community.

We are looking for volunteers who have spare time on their hands so that they can provide clients with:

- Regular phone calls or house visits
- A trusting and respected companionship

## Activity Assistants

A suitable candidate for this role is someone who will chat with and assist our clients.

You will be helping out running lunch clubs, coffee mornings and other events.



## Vehicle Drivers

- Take people to and from events
- Deliver food shopping

## Shop Assistants

- Stocking shelves
- Serving customers
- Providing great customer service

## Administration Volunteer

- To help out with our reception desk
- To provide administration assistance

# GET IN TOUCH...

WE CAN PROVIDE  
MORE INFORMATION  
ABOUT INDIVIDUAL  
ROLES BEFORE YOU  
COMMIT.

**CALL 01900 844 670**  
**VOLUNTEER MANAGER 07596954518**

# WE NEED YOU!!

Do YOU have some spare time  
on your hands?

Do YOU like to socialise and  
start conversations?

Would YOU like to give back to  
you local community?

## HOW TO GET INVOLVED

We need YOU to volunteer for our services to  
help reconnect and engage people in our area.

Not only do our clients benefit from your  
voluntary work, but you do too!

You will develop new skills and you will  
be able to get involved with new  
opportunities.

