

Our activities and services

A wide variety of services that help to support older people in our community.



Call us:
0800 019 1310

We are the go-to for expert guidance and support.

Information & advice

Get expert advice on a wide range of issues, including benefits, housing and health.

Our centres & clubs*

Our centres and clubs offer a range of activities for fun, friendship and fitness. Contact us to find out what's on near you.

Help at home*

Support at home with services like cleaning, shopping, laundry and gardening.

Support at home after hospital

Supporting people over 65 following hospital discharge. We can arrange for volunteers to visit weekly, for up to 6 weeks, ensuring you regain your confidence.

Take home and settle

Helping people travel home after a hospital admission and settle back in - safely and comfortably.

Community agents

Our team work in the community to help, support and signpost people, keeping them healthy, independent, informed and connected.

Services are subject to change, so for an up-to-date list please check our website.

**** paid for service.***

Dementia & carers support*

Expert dementia support, assessments and social groups, plus services for carers to offer respite and improve wellbeing.

Home visiting service*

Weekly visits offering support, companionship and a listening ear.

Digital skills service*

We can provide one-to-one support in your own home, enabling you to become confident using technology such as mobile phones, tablets or laptops.

Social prescribing

Our Social Prescribers work with the NHS and other organisations to support people and find solutions to their problems e.g. housing or financial difficulties.

Gift of Friendship

The programme offers up to 26 weeks of befriending support, either face-to-face or over the phone.

Wellbeing support

We can share information on healthy living, nutrition, hydration and exercise.



Donate

Many older people live in poverty, experience loneliness or have no one to turn to. **Your support can help us be there when we're needed the most.**

You can scan the QR code, visit our donation page below or contact us by email or phone.



0800 019 1310



fundraising@ageukwsbh.org.uk



www.ageukwsbh.org.uk/get-involved/donate



Volunteer For Us

Join our incredible team and make a difference. We'll find a role to suit you.

Find out more about volunteering



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