

Our activities and services

We offer a wide variety
of services that help to
support older people
in our community.

Get in touch to find out
how we can help you!



0800 019 1310



info@ageukwsbh.org.uk



[@ageukwsbh](https://www.instagram.com/ageukwsbh)



Visit our website www.ageukwsbh.org.uk

We're here if you need support

We help thousands of local older people every year, offering support services, information, activities and events.



Our Age UK Centres

Our centres are open and we'd love to welcome you. To find out what's on in your area, please call us on **0800 019 1310** or visit our website: **www.ageukwsbh.org.uk**.

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Information & Advice

Our team can help with a wide range of queries on a huge range of topics, including benefits and money advice.

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Help at Home

We can support older people in their homes with services like cleaning, laundry and gardening.

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Support at Home after Hospital

This service is available for adults (65+) upon hospital discharge supporting people who live on their own and family friend carers.



Crisis Care

This is a free short term support service available following an illness, hospital discharge or domestic emergency.





Social clubs and activities

We offer a wide variety of activities at our social centres and clubs across the area that bring people together to have fun in a warm and welcoming environment.

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Telephone Befriending

We have a team of befrienders ready to make calls to anyone feeling lonely or isolated.

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Doorstep deliveries

We can deliver groceries and essential medication to your doorstep as well as provide meal support.

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Emergency Welfare and Safety Support

We provide urgent help for the most vulnerable or at-risk people as well as offering respite for carers.

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Wellbeing support

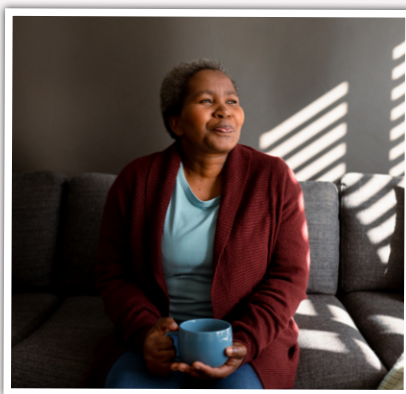
We can share information on healthy living, nutrition, hydration and exercise.



Dementia support

We provide a range of services to help people live with dementia in older age in a social and friendly environment as well as supporting carers too.

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Social Prescribing

Our team supports people to connect to services within their local community promoting their overall wellbeing.



Email us at info@ageukwsbh.org.uk

Your donations help us to keep our vital services for older people running

By giving a donation or fundraising for us, you will be helping to provide essential information and support to older people in our local communities across West Sussex, Brighton & Hove. Please help us to be there for all older people who need us, thank you.

How to donate

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



 ageukwsbh.enthuse.com/cf/65years

 fundraising@ageukwsbh.org.uk

 01903 792 211



Volunteer for us

We couldn't provide all the services we have on offer without the amazing support of our volunteers. Volunteering is a great way to meet new people and learn new skills, as well as offering the satisfaction of giving back something to your local community. We have a wide range of roles available across the charity, so we can match you to something that will suit you.



Find out more about volunteering...

Contact our Volunteer Manager Richard and find out more about how you can become part of our wonderful volunteer army!

 07841 662564

 richard.harris@ageukwsbh.org.uk

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