

We can support you with:

During this difficult time, we have continued to adapt the way we work, so we can be there for you when you need us.



Telephone befriending

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



Help at Home

Our Help at Home Service specialises in supporting the over 50s in their homes and includes services like cleaning, laundry, dog walking, gardening and a handyman service for odd jobs or minor repairs.



Doorstep Deliveries

We can deliver groceries and essential medication to doorsteps, via our Help at Home Service. Emergency food parcels and doorstep visits can be arranged for those most in need.



Meal Deliveries

We're delivering nutritious home-cooked meals to older people locally as part of our Winter Warmer campaign.



Emergency Welfare & Safety Support

We can provide urgent help for the most vulnerable or at-risk people with tasks such as cleaning, shopping and laundry, as well as offering respite for carers. This service is for those who would be at serious risk, if they did not receive urgent support.



Information and Advice

Our team can help with a wide range of queries, such as providing information on social care, housing and welfare benefits.



Home From Hospital

This service is available for vulnerable adults who do not have a carer upon discharge from hospital. This service can continue throughout lockdown, with the appropriate precautions in place.



Crisis Care

Crisis Care provides temporary emergency support in the Brighton area when other services are not available. It is a free short term support service available following an illness, hospital discharge or you are finding it impossible to cope in a domestic emergency. To make a referral or more information call **01273 328555**.



Wellbeing support

We can share information on healthy living, nutrition, hydration and exercises that can take place in the home or garden. As part of our Winter Warmer campaign, we're also offering wellbeing and energy advice to older people locally.



Tech advice from our 'Techno Team'

If you need help using your tech equipment, like computers, tablets or smartphones, try contacting our Techno Team to see if we can help! You can email the team at: **technoteam@ageukwsbh.org.uk**
We have a group of volunteers who offer a free telephone service arranged at a time and day that is mutually convenient. Whatever your question, we will have a volunteer who can help.