

# Our activities and services

We offer 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](mailto:fundraising@ageukwsbh.org.uk)



[www.ageukwsbh.org.uk/get-involved/donate](http://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**



0800 019 1310



[volunteering@ageukwsbh.org.uk](mailto:volunteering@ageukwsbh.org.uk)



[www.ageukwsbh.org.uk/get-involved/volunteer](http://www.ageukwsbh.org.uk/get-involved/volunteer)

