

## Contact us

There are several ways you can contact us to find out about all the services Age UK York can offer.

### Telephone:

**01904 634061**

### Email:

**ageukyork@ageukyork.org.uk**

### Or you can visit our website:

**www.ageukyork.org.uk**

**Age UK York  
St. Edmund's House  
Margaret Street  
York  
YO10 4UX**



Registered Charity No: 1118346

Registered Company No: 6006449

## Other Services

Age UK York offers a range of services for older people. Our services include:

- Information and Advice
- Money and Benefits Advice
- Befriending Service
- Carer Respite Service
- Day Clubs
- Home from Hospital services
- Out and About
- Cleaning service
- Wills and Power of Attorney
- Home care agency
- Trusted Trader Directory

Age UK York Day Clubs are supported by the City of York Council and the Vale of York CCG.



## Day Clubs

A service offering an enjoyable day out, social activities and a cooked lunch.



## What do we do?

We provide a happy, friendly and stimulating atmosphere for our members to enjoy a day out in the company of like-minded people.

Clubs are held every week at various locations around York. We also run clubs for those living with dementia and also for those requiring a shorter day.

## What activities do we offer?

We offer a range of activities which include:

- Singers and entertainers
- Speakers and slide shows
- Gentle chair-based exercises
- Crafts, quizzes and games
- Themed days
- Indoor hockey, bowls / boccia and curling
- Occasional outings to local restaurants

We also offer:

- A two course hot meal
- Refreshments
- Transport to / from your home

We are unable to:

- Offer personal care
- Give / prompt you to take your medicines
- Provide medical care



There is a cost for the day club, meal and transport. Please contact us for more information.

## Who can come to a club?

Those who are:

- Aged 60 or over
- Live in York



## How do I find out more?

To find out more, please contact our Day Clubs team on:

**01904 866071**