

Contact us

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

Information and Advice

01904 634061

(Mon - Fri, 9.30 am - 3 pm)

firstcall@ageukyork.org.uk

Office

01904 627995

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
- Out and About
- Home from Hospital services
- Cleaning service
- Wills and Power of Attorney
- Home care agency
- Trusted Trader Directory
- Keep Your Pet



Out and About

Helping older people to maintain their independence and make social connections



What do we do?

The Out and About service is intended to help older people maintain their independence and make social connections.

The aim is to support people on a short-term basis following difficulties, illness or other crisis that has affected their confidence and their ability to participate in activities they enjoy.

Input could be as simple as supporting a person in taking a walk, catching a bus, meeting friends, visiting shops or joining group activities in the local community.



How does it work?

An Age UK York Support Worker will visit you to discuss your interests and aspirations. Together, we will develop a plan to support you to achieve this. They will also consider any issues and concerns you may have.

Support will typically be for 2-3 hours a week over a 6-8 week period, although this may vary depending on your individual circumstances.

The service operates Monday to Friday.

Who do we help?

The service is aimed at people who have suffered a setback resulting in loneliness and / or a loss of confidence.

This might include people who have experienced illness or injury, been hospitalised, bereaved, or isolated due to the COVID pandemic or other circumstances.

How do I access it?

Contact our First Call Team



01904 634061

Mon - Fri, 9.30 am - 3 pm

firstcall@ageukyork.org.uk