Getting Back to Normal

If you haven’t been able to get out and about recently then our Bridge Building service might be useful. We’ll work with you to take steps back to independence.

Who is this for?
Anybody over 50.

What is available?
Somebody to ‘stand alongside you’ as you decide on steps to get you back to normal. Bridge Building volunteers are fully trained in supporting you with your decisions. It might be a case of just getting back to a regular shopping trip. Or perhaps trying a new coffee morning together. Everyone is different.

An experienced officer will start things off by talking over your particular situation, in confidence. If Bridge Building seems like a good way to go, they’ll chat with you about your likes and dislikes before deciding which volunteer might work best. You’ll then have a chance to make sure you both get on well before moving forward together.

Sometimes, as they get to know you better, volunteers will suggest additional support from Age UK South Lakeland. Or they might point you in the direction of partnership organizations.

Where and when?
We’ll usually start with a phone call, and then arrange a home visit at a good time for you. If it seems like the right way forward, we’ll take it one step at a time from finding the right volunteer to getting you back to independence.

How do I find out more?
Call our helpline on 01539 728180 and ask about getting back to normal through Bridge Building. The helpline is open Monday to Friday 9.00am–4.30pm, but you can leave a message at any time and we’ll be pleased to get back to you.

Or write to Age UK South Lakeland, 17 Finkle Street, Kendal LA9 4AB

You can also email helpline@ageuksouthlakeland.org.uk

If you know someone who you think could benefit from talking to us, please pass on our helpline number so they can call us directly.
Help is just a phone call away
Call the helpline: 01539 728180

What Age UK South Lakeland can do for you:

- Whatever the issue, our experienced advisors can help.
- We can simply give you the information you need, or we can represent your interests with any organisation or person you require.
- You can make an appointment to come in and see us, one of our advisors can visit you at home, or you can just drop in to our Finkle Street centre.

Whatever your question or problem, Age UK South Lakeland can help.

For example, you could call the helpline to:

- find out the ‘who’, ‘what’, ‘where’ or ‘why’ of any subject that is bothering you
- make an appointment to see one of our specialist advisors to discuss your problem in detail and plan for a solution
- find out where and when our surgeries are being held or about the many other services we offer, from Foot Care and Lunch Clubs to Benefit Checks and much more. Why not give us a call?

All our services are confidential and completely free of charge.

Call the helpline: 01539 728180

Volunteers are at the heart of everything we do. As little as two hours a week can make a big difference. Come and join us. Contact Jean on 01539 728118.