



Services & Activities

Supporting older people in later life





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Welcome to Age UK Hull and East Yorkshire

At Age UK Hull and East Yorkshire, we're dedicated to improving the lives of older people in our community. For over 75 years, we have been providing essential services and support to help older adults lead fulfilling and independent lives. From practical help and social opportunities to advocating for the rights of older people, our goal is to make a real difference.

Our Mission and Values

Our mission is straightforward: to empower older people to love later life. We envision a world where everyone can age with dignity, and we are committed to supporting our community with compassion, respect, and inclusivity. Every service we offer is rooted in these core values, and we are proud to be a trusted source of support for older individuals and their families.

Contact Information

For more information about our services or to get in touch, we'd love to hear from you!



www.ageuk.org.uk/hull



01482 324644



Age UK Hull & East
Yorkshire, 350 Preston
Road, Hull HU9 5HH



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Information & Advice Helpline

We offer a free, confidential Information and Advice service to residents of Hull and East Yorkshire. Our team is here to help with a wide range of topics, from claiming benefits to finding community support. If you have questions or need guidance on issues related to care, residential homes, social groups, activities, home adaptations, or anything else, don't hesitate to reach out to us. Our helpline is available Monday to Friday, from 9.00 am to 4.00 pm.

Contact us using the number below.

This service is available to all residents of Hull and East Yorkshire.

01482 324644

Home Support Service

At Age UK Hull & East Yorkshire, we understand that asking for help can sometimes be challenging, especially when it comes to maintaining your independence. However, reaching out for support is not just about getting assistance with daily tasks - it's about ensuring you live the life you deserve, full of comfort, dignity, and independence. Our Home Support Service is here to make that possible, offering compassionate and reliable help tailored to your unique needs.

We believe that everyone should have the opportunity to live well in their own home, surrounded by the things they cherish. Whether you need a little extra help around the house, someone to talk to, or assistance with essential errands, our team is here to support you every step of the way. Your well-being is our priority, and we are committed to



helping you live a fulfilling and independent life.

Our services include:

- **Cleaning:** Keeping your home tidy and welcoming.
- **Meal Preparation:** Preparing nutritious meals tailored to your preferences.
- **House Sitting Calls:** Ensuring your home is secure and looked after when you're away.

- Medication Prompting & Support: Helping you manage your medications effectively.
- Shopping: Assisting with grocery and other essential purchases.

We can offer support from as little as one hour per fortnight, and our services can be adapted to meet your short-term or long-term needs. All our Home Support Workers are fully trained and DBS checked, ensuring your safety and peace of mind.





Falls Prevention

Do you find yourself feeling unsteady or experiencing dizziness? Have you had a fall recently or are concerned about the risk of falling in the future? If so, our Falls Prevention Service is here to provide essential support, exclusively available in Hull.

Falls can have a serious impact on your health and independence, but taking proactive steps can significantly reduce your risk. Our Falls Prevention Team offers a thorough, in-home assessment to identify and address potential hazards in your living space. This assessment includes evaluating your home for tripping risks, recommend safety modifications, and providing guidance on strengthening exercises and balance techniques.

Our service is designed to be both supportive and practical, offering tailored solutions to meet your individual needs. Take action now to protect your well-being and enhance your safety at home.

Social & Community Activities

Looking for companionship and a chance to meet both old and new friends?

Our social groups offer a variety of activities in a warm and welcoming environment. From engaging social events to valuable information and advice, there's something for everyone. Join us for any of these sessions to enjoy good company - We look forward to seeing you there!

Monday

- 'Bee Social'
- 12:30 pm - 2:30 pm | £3.00
- Springhead Golf Club, Willerby Road, Hull, HU5 5JE

Tuesday

- 'Streetlife'
- 11:00 am - 1:00 pm | £3.00
- Wilberforce Learning Centre, Streetlife Museum, High Street, Hull, HU1 1PS
- 'Brough Group'
- 10:30 am - 12:30 pm | £3.00
- Blackburn Leisure Club, Prescott Avenue, Brough, HU15 1BB

Wednesday

- 'Vill**AGE** People'
- 9:30 am - 11:30 am | £3.00
- The Club House Community Centre, Elm Avenue, Garden Village Hall, Hull, HU8 8PZ

Thursday

- 'The Brunch Bunch'
- 9:30 am - 11:30 am | £3.00
- Anlaby Park Community Library, The Greenway, Hull, HU4 6XH
- 'Feel Good Thursdays'
- 1:00 pm - 3:30 pm | £5.00
- Barrington Pop In, Florence Nightingale Court, Barrington Avenue, Hull, HU5 4BW
- 'Walkington Social Group'
- 10:00 am - 12:00 pm | £1.00
- Walkington Village Hall, End End, Walkington, HU17 8RX

Friday

- 'Friday Folk'
- 11:00 am - 1:00 pm | £3.00
- Age UK Hull and East Yorkshire, 350 Preston Road, Hull, HU9 5HH



Befriending Services

Our Befriending Service is dedicated to reducing loneliness for people aged 50 and over in Hull and East Yorkshire. We recognise the importance of feeling connected, and our volunteers are here to offer consistent, friendly phone calls that provide companionship and emotional support. This service aims to alleviate feelings of isolation and help rebuild confidence.

We offer three types of befriending to meet your preferences and needs:

- **Home Visiting Befriender:** If you would value in-person companionship, a Home Visiting Befriender can visit your home to provide friendly conversation and support. This option is ideal for those who may feel socially isolated and prefer face-to-face interactions.
- **Telephone Befriender:** For those who enjoy or require support over the phone, a Telephone Befriender will make regular calls to offer a friendly voice and engaging conversation. This service provides connection and companionship from the comfort of your own home.
- **Penpal Befriender:** If you prefer to write, our Penpal Befriender service offers monthly letters. This option provides warmth and connection through personal correspondence, helping to reduce feelings of isolation.



Boost your IT Skills

Basic IT Training

Are you over 50 and looking to improve your computer skills? Join our Free Basic IT Course, tailored specifically for older adults. Over 8 weeks, with 2-hour sessions each week, you'll learn essential skills such as using the internet, online safety, and basic keyboard functions. The course is available in Bridlington and Hedon, making it easily accessible across East Yorkshire.

IT & Biscuits

Join us for IT & Biscuits, our friendly and informative monthly sessions in partnership with KCOM. These sessions are designed to help you gain confidence in using technology. Whether you're looking to stay in touch with loved ones online, manage your household bills, or explore new interests, we're here to guide you.



- **When:** Every second Monday
- **Time:** 10:00 am - 12:00 pm
- **Where:** KCOM's Learning Zone, Carr Lane, Hull

Each session offers a relaxed, supportive atmosphere with complimentary biscuits and refreshments. It's a great opportunity to improve your digital skills in a comfortable setting.

Walking Football

Discover the joy of Walking Football, an enjoyable and accessible way to stay active while connecting with others. Perfect for anyone over 50, our sessions offer a low-impact alternative to traditional football, allowing you to enjoy the game at a comfortable pace.

Details:

- Tuesdays: 10-11 am at Haltemprice Leisure Centre, 3G Pitch, Springfield Way, Anlaby, HU10 6QJ
- Thursdays: 10-11 am at Costello Stadium, Indoor Large Sports Hall, Anlaby Park Road North, HU4 6QX

Each session is just £4.00 and is open to people of all skill levels, whether you're an experienced player or new to the sport.



Volunteering Opportunities

Volunteering is a rewarding way to contribute to your community while gaining new skills and making meaningful connections. Whether you can spare a few hours or want to commit regularly, there's a place for you at Age UK Hull and East Yorkshire.

Types of Volunteer Roles:

- **Fundraising Volunteer:** Help raise vital funds through events and campaigns.
 - **Positive Activities Volunteer:** Assist with organising social groups and activities.
 - **Administrative Volunteer:** Support our office team with important tasks.
 - **Events Volunteer:** Help with planning and executing events.
- 
- **IT Training Volunteer:** Teach older people how to use technology.
 - **Information and Advice Volunteer:** Provide guidance and support.
 - **Donation Pot Collector:** This includes collecting, delivering, and returning pots, as well as helping locate new business hosts.
 - **Volunteer Befriender:** Provide direct companionship and support through our befriending services.



Get Involved with Age UK HEY

How Your Organisation Can Help

Corporate Social Responsibility (CSR) offers an opportunity for your organisation to make a meaningful impact. By partnering with us, you can help improve the lives of older people while meeting your CSR goals.

Fundraising Opportunities

There are many creative ways to raise money for Age UK Hull and East Yorkshire. Whether it's a bake sale, a sponsored walk, or another unique event, your efforts will directly support our vital services.

If you're interested in partnering with us, contact:



01482 324644



Fundraising@ageukhull.org.uk

Useful Numbers

- **Age UK National:** 0800 678 1602
- **Age Co Products:**
 - **Home and Contents Insurance:** 0800 028 7601
 - **Car Insurance:** 0800 323 4437
 - **Travel Insurance:** 0800 030 4885
 - **Motor Breakdown Insurance:** 0800 731 3933
 - **Legal Services (Wills, POA, etc.):** 0800 055 6314
- **Samaritans:** 116 123
- **Hull City Council General Enquiries:** 01482 300300
- **Hull City Council Safeguarding:** 01482 616092
- **East Yorkshire Council General Enquiries:** 01482 393939
- **East Yorkshire Council Safeguarding:** 01482 396940
- **Citizens Advice:** 0800 144 8848
- **Community Navigators (Hull):** 01482 217670
- **Sight Support:** 01482 342297
- **Cherry Tree Centre:** 01482 871993
- **Alzheimer's Society:** 01482 211255
- **Pickering and Ferens Homes:** 01482 223783
- **Butterflies Memory Loss Support Group:** 07821 519212
- **Hull Council of Disabled People:** 01482 326140
- **Dove House Hospice:** 01482 784343
- **Patient Advice and Liaison Service (PALS):** 01482 875875



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