

# Age Well in Salford

Information about our services





# About Age UK Salford

Contact us:  
0161 788 7300  
[agewell@ageuksalford.org.uk](mailto:agewell@ageuksalford.org.uk)

***We all experience changes as we go through life.***

***You can turn to Age UK Salford  
to guide you in the right direction.***

Age UK Salford is the local independent charity for the over 50's who understand how you can live well, remain active and thrive in older age.

It can be hard to know where to start if you or a family member has experienced a change in circumstances. You can contact us and be assured your questions will be answered professionally and confidentially.

We can tell you about how Age UK Salford can support you and your family and also where to find help with the appropriate outside organisations to enable you to make the right decisions.

Don't hesitate to get in touch. We are here to help.



# Information and Advice

***We provide free and confidential advice to help you make informed decisions.***

We can advise on a wide-range of financial, health and wellbeing matters and options to make your life more manageable. We have access to Age UK factsheets and guides to provide you with essential information.

We will signpost you to relevant local organisations to seek further support should it be required.

You can get in touch by telephone, face-to-face, visit our website or follow us on social media.

## Volunteer with us

Age UK Salford volunteers are valued members of our team and support all the work we do in the community. Volunteering is a great way to meet new people and learn new skills.

Volunteers work in a wide range of roles at Age UK Salford and assist from a few hours each week to one or two days per week.



## At home

*Support is offered in your home to help you feel happier, safer and remain independent.*

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## Living with dementia

The team are based in the community and will guide you through each step of your memory loss or dementia journey and provide a personalised approach for those living with dementia and their family caregivers.

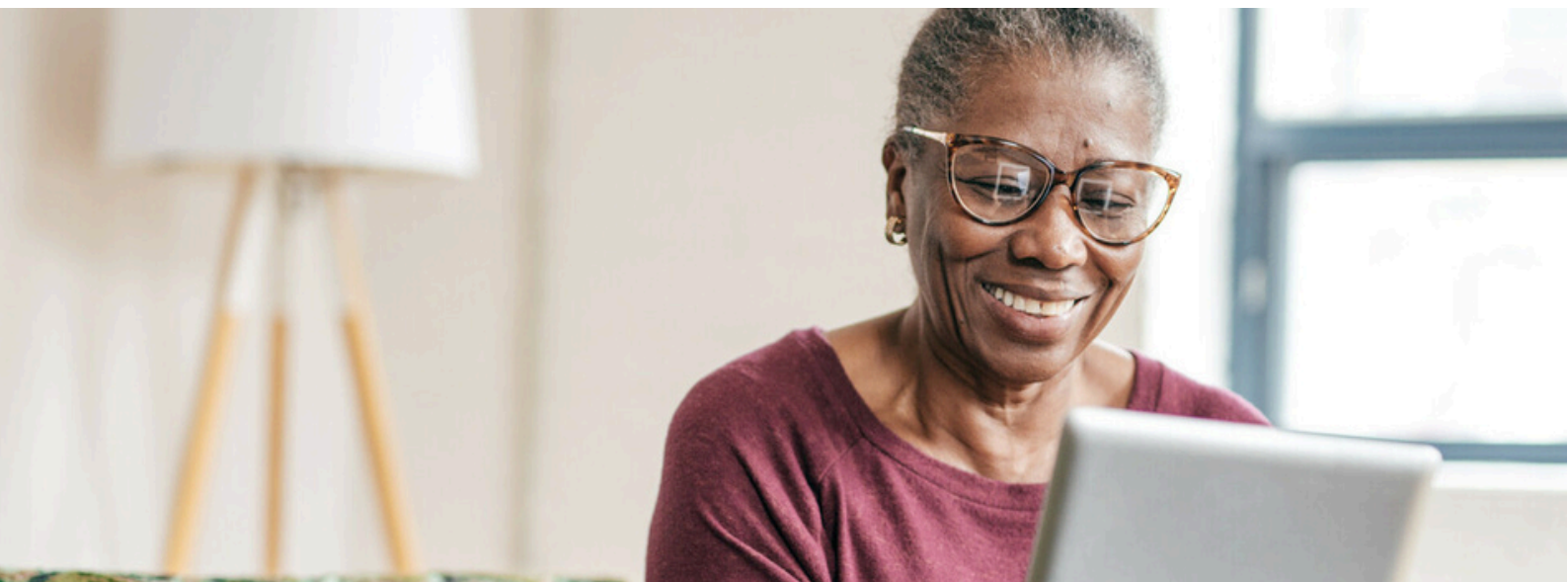
We offer 1-2-1 support for family caregivers and run social buddy clubs and dementia cafes which are a great opportunity to meet others with similar experiences, share advice and help each other with the daily challenges.

We advise on all aspects of care and planning for the future.

## Communication and dementia specific sessions

The Empowered Conversations team provide dementia-specific therapeutic sessions, communication training, webinars and engagement sessions for families coping with the realities of living with dementia.

This support is provided in the comfort of your own home by telephone or online.





# Hospital Discharge, Aftercare & Reablement

We can support you at home and complete a personal health and wellbeing assessment, a basic shop for essential items and a home safety check to identify any risks in your home, keeping you safe and well for up to six weeks after a stay in hospital.

We can advise on eating well and meal preparation and tell you about local groups and activities.

## Home Services - Cleaning & Shopping

We have a team of professional, reliable and experienced Home Service Assistants and Cleaners to support your shopping and cleaning needs in your home.

This is a weekly service for a minimum of one hour per week and is subject to charges by the hour at a competitive rate.

We make every effort to schedule the service at a convenient time for you, with the same Home Service Assistant each time.



# Social Opportunities

*We provide opportunities to socialise, volunteer, make friends and receive support.*

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## Age Well in the community

Age Well in the Community enables Salford residents 60 plus to become better connected to people and places in their neighbourhood. It is relevant to those who may have become isolated due to a life-changing event such as illness, bereavement, or relocation into the area.

The Team run Coffee and Company hubs in various locations across the city helping Salford residents to meet others and access information to help them stay connected and informed.

## Critchley Community Hub, Cafe & Gardens

Visit our social centre in Swinton which provides an opportunity to meet new friends, learn new skills and enjoy a home-cooked meal or hot drink in the café or gardens. You can spend time in the gardens or treat yourself in the retail shop selling pre-loved clothes, bags and shoes and bric-a-brac.

There are several group-based learning and social activities taking place during the week and special events throughout the year.





# Humphrey Booth Day Centre

Day care is available for those living independently and who may need additional support during the daytime. The centre is fully accessible and offers an assisted bathing service.

Those attending enjoy fun and sociable activities and a three-course lunch and refreshments throughout the day. The centre also hosts special events with entertainment such as Sunday Lunch. Transport can be arranged on request.

Places can be organised through Adult Social Care or privately and charges will apply.

## Dementia Buddy Clubs

The Buddy Clubs run twice per week (Wednesday and Friday) for those living with mild to moderate dementia. This is a full day and is facilitated by a team of experienced dementia support workers and a charge applies.

The group is an opportunity to socialise, enjoy the company of others, improve confidence and participate in a wide range of fun and engaging dementia-friendly activities. If you are unable to attend in person, you can also join online to enjoy an hour of activities.

## Dementia Cafe

A social group for people living with dementia and their carers. It runs fortnightly on Tuesday afternoons and there are a range of fun activities and light refreshments available.



# Contact Us

**Head Office:**

**Age UK Salford**

**108 Church Street**

**Eccles, Salford**

**M30 0LH**

**[ageuk.org.uk/salford](http://ageuk.org.uk/salford)**

This information guide about services has been produced with the help of older people.

We endeavour to provide our services for free, however, charges are applicable to some of our services and are subject to availability and/or eligibility.

Referrals to any of our services can be made by carers, family members, professionals or self-referral.



Salford is an Age Friendly City and actively seeks to enhance the quality of life and improve the health of older people with a programme of age well activities.. Age Friendly Salford is delivered in partnership with Inspiring Communities Together and Salford CVS.

At Age UK Salford, we offer simple and practical advice to enable you to eat and drink well in later life. As people get older, it can become more difficult to maintain a healthy weight which can impact on the overall health and wellbeing.



Age UK Salford is a trading name of Age Concern Salford which is a registered charity (1105769) and company limited by guarantee. Registered in England and Wales number: 5204296. Registered Office is 108 Church Street, Eccles, M30 0LH.

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If you would like to get involved, there are lots of things you can do. Whether you want to give your time by volunteering, make a financial donation or take part in a fundraising event we always welcome support. Use the QR Code to donate:

