

## Our services

For more information please call

**01743 233 123**

email [enquiries@ageukstw.org.uk](mailto:enquiries@ageukstw.org.uk)

or visit [www.ageukstw.org.uk](http://www.ageukstw.org.uk)

Age UK Shropshire Telford & Wrekin  
Bellstone, Shrewsbury SY1 1HX

Age UK Shropshire Telford & Wrekin is a charitable company limited by guarantee and registered in England and Wales  
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Company Number: 04292896  
Registered office is Bellstone, Shrewsbury, Shropshire SY1 1HX  
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## **Whatever the support needed, whatever the problem, we'll do our best to help.**

Our staff and volunteers undertake a wide range of services across Shropshire and Telford & Wrekin. Our services are either free or charged at a very reasonable cost. As a local charity, we rely on donations to help us improve the quality of life for local older people.

### **Information and advice**

We offer a free and confidential information and advice service for older people, their families and carers. We aim to cover such matters as:

- Your income
- Your home
- Legal and tax issues
- Benefits and money

Our team of staff and volunteers will help you to claim anything we identify that you are entitled to.

Our information and advice officers are available Monday to Friday, 9.00am-4.00pm.

For further information, please contact us on:

**01743 233 123**

### **How you can help us**

Age UK Shropshire Telford & Wrekin is an independent local charity. We've been working in the local community to help older people since 1950.

Our dedicated staff and volunteers help us to deliver services and activities for older people across Shropshire and Telford & Wrekin and we rely on your support to be there, day after day.

### **Make a donation**

A regular donation of just £5 a month will help us to combat loneliness, by supporting more befrienders to visit the many lonely older people currently on our waiting list.

### **Leave a gift in your will**

Remember Age UK Shropshire Telford & Wrekin in your will and make sure an older person in the county will be given the helping hand they need when they are feeling most vulnerable.

For further information, please contact us on:

**01743 233 123**



## Advocacy support and representation

Our advocacy officers work with a team of trained volunteers to provide older people with advice and information to make the decisions which affect their lives. We can help with issues concerning:

- Social care
- Housing
- Residential and nursing homes
- Utilities such as water, gas and electricity

For further information, please contact us on:

**01743 357 748**

**[advocacy@ageukstw.org.uk](mailto:advocacy@ageukstw.org.uk)**



## Community support

Based in GP surgeries or other NHS teams, our staff help patients to access services available in their community. They have a wide knowledge of what is available and will support the patient to get the help they need.

## IT training

Our computer training makes today's digital world understandable and relevant to you. Our experienced Digital Champion volunteers can help you engage with technology to:

- Keep in touch with family and friends
- Manage your finances, order prescriptions or shop online
- Share photos or be creative
- Find out what's on in your local area
- Learn more about your hobbies and interests

## Lasting power of attorney

Age UK Shropshire Telford & Wrekin can help people who need some assistance in appointing someone to manage their affairs.

We can help you decide if you need a lasting power of attorney and provide this service for you at a competitive price. We will talk you through the whole process and make it as easy as possible for you.

For further information, please contact us on:

**01743 233 123**

## Would you like to become a volunteer?

The services we provide couldn't run without our dedicated team of volunteers. Aged from 18 to 90, they are the lifeblood of our charity. Some give a day a week of their time, some a few hours a month, but all their contributions really make a difference to the lives of local older people.

By volunteering for Age UK Shropshire Telford & Wrekin you will be helping people in your community. You'll also have fun, feel appreciated, make new friends, widen your knowledge and gain a rewarding experience. We'll provide you with support and training and pay appropriate expenses.

For further information, please contact us on:

**01743 233 123**



## Exercise and physical activity

Regular physical activity in later life is important for many reasons, not only to improve health, but also to socialise, so we have a wide range of exercise classes for older people. We are constantly adding new activities but these are just some of the current opportunities:

### Dance classes

These classes are suitable for men and women of all abilities and beginners are always welcome. We are currently running adult ballet and line dancing classes, so something for everyone!

### Exercise classes

From the Latin-inspired moves and music of Zumba Gold to our seated exercise groups, we have something for everyone wanting to improve their health.

### Walking football

Our walking football clubs are a great way for men and women over 55 to play the beautiful game and improve their general fitness.

### Walking groups

Explore Bridgnorth or Shrewsbury and meet new people with our organised walking groups.

For further information, please contact us on:

**01743 233 123**

## Visiting and befriending

Age UK Shropshire Telford & Wrekin has a team of volunteers who provide friendship and support for older people.

Our volunteers visit people in their own home, provide a regular telephone call for a friendly chat or accompany them to social activities in their neighbourhood.

All our volunteers enjoy making new friendships and sharing experiences.

For further information, please contact us on:

**01743 233 123**





## Day centres

Our day centres provide a weekly opportunity to meet friends in a local, comfortable setting with a hot meal, activities and companionship.

We have over 20 centres around Shropshire and Telford & Wrekin which cater for older people who may be socially isolated.

Our day centres are all run by teams of highly valued volunteers, supported by staff from Age UK Shropshire Telford & Wrekin.

For further information, please contact us on:

**01743 233 123**



## **Social activities**

Age UK Shropshire Telford & Wrekin provides a variety of social events, groups for older people and local leisure activities. New groups are being added all the time, so call us to see what's available in your area.

## **Arts and crafts**

Our Stitch & Mix craft group is a great way to meet other older people with a shared interest in knitting, sewing, crochet or embroidery.

## **Lunch clubs**

Our lunch clubs are a great place to meet new people and have a delicious hot meal.

## **Reading group**

Our online reading group meets on a regular basis to bring older literature lovers together to discuss short stories or poems.

## **Singing**

Our community choirs are enthusiastic groups of singers aged 50+.

## **Social groups**

Our weekly social groups help older people to meet up with friends or make new ones.

For further information, please contact us on:

**01743 233 123**

## **Dementia support**

Our experienced staff and volunteers provide a range of services designed to support people living with dementia and their carers.

## **Dementia respite**

Our weekly dementia respite service provides time for carers to run errands, meet friends or simply have a few hours to themselves, safe in the knowledge that their loved one is being cared for.

Run by qualified carers supported by experienced volunteers and our Dementia Support Workers, the service provides high quality activities tailored to individual needs.

## **Dementia support groups**

Our dementia support groups welcome local people with dementia and memory difficulties, their families, carers and friends.

The groups provide a chance to get to know others and share experiences in a friendly and relaxed atmosphere.

They provide members with support and information and an opportunity to take part in interesting activities, coordinated through our team of trained volunteers.

For further information, please contact us on:

**01743 233 123**

## Help at Home

Our Help at Home scheme enables older people to remain independent at home for as long as possible. Our Home Support Workers provide practical assistance by carrying out everyday tasks that an older person might find difficult to manage.

### What sort of work do we do?

- Vacuuming and dusting
- Bathroom and kitchen cleaning
- Shopping
- Collecting prescriptions
- Laundry and ironing
- Gardening
- Cleaning inside windows

Wherever possible the same support worker will visit each time to provide continuity.

This service is competitively priced and anyone over the age of 60 may be eligible. If you come to us for Help at Home, you'll also have access to all of our other services.

For further information, please contact us on:

**01743 233 788**

## Home from Hospital

In south Shropshire we can offer free short term help and support for older people leaving hospital, after an illness or in a crisis.

Such activities and support may include help with tasks such as shopping, light housework or dog walking. However the most important role is befriending, helping to alleviate the isolation that many older people experience. We also offer encouragement to help people to become involved in activities in their community.

For further information, please contact us on:

**01584 878 046**

