



Age UK Somerset is your local charity offering a wide range of services especially for older people across Somerset and North Somerset.

We believe everyone should have the opportunity to love their later life!

We're an independent charity with the goal of enabling all local older people to live later life to the full. So, whether you're on a quest to live well into old age, facing a tough time or struggling with the cost of living, we offer a service for you!

- ✓ **Free Information and Advice on financial issues, housing, social care, local activities and much much more**
- ✓ **A wide range of exercise and activity sessions, in small friendly groups, for fitness and fun**
- ✓ **Benefit claims assistance**
- ✓ **Dementia groups and support**
- ✓ **Falls Prevention exercise sessions**
- ✓ **Wellbeing service which can provide volunteer visitors or phone calls to alleviate loneliness**
- ✓ **Toenail cutting service**

* Our Information and Advice service is focused on helping over 60s but can also provide assistance to friends, family and carers too. Our Toenail Cutting service and Ageing Well exercise sessions are open to over 55s.



Visit www.ageuksomerset.org.uk

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