

We provide support, services and activities to make later life better in Somerset and North Somerset



GET IN TOUCH

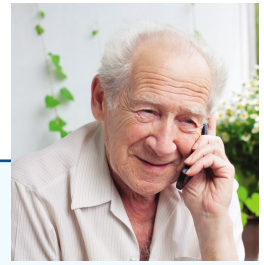
T 01823 345 610
e info@ageuksomerset.org.uk
www.ageuksomerset.org.uk



@AgeUKSomerset

Our Services

We're only a phone call away



Information and Advice & help with benefits

We provide free, confidential information and advice on a wide range of issues such as money matters, health, social care, social activities and much more. We can also help with welfare benefits - finding out which benefits you may be entitled to claim and then sending a Volunteer to help complete the claim forms.

This service is provided by telephone and email, with visits to our office by appointment only. For more information please contact:

infoandadvice@ageuksomerset.org.uk

01823 345613

Ageing Well

This service works to improve the health of older people in Somerset and North Somerset. We deliver community-based sessions such as Tai Chi, Yoga and Movement to Music, as well as Flexercise (gentle chair based exercise), and online sessions for those who want to stay fit at home. To find out more contact:

ageingwell@ageuksomerset.org.uk

01823 345626

Falls Prevention

In Somerset around 8 people over the age of 65 are admitted to hospital every day as a result of a fall. Our 'Get Strong Get Steady' and 'Stay Strong Stay Steady' sessions successfully improve balance and strength and increase confidence while helping to prevent falls and maintain independence in older people. For more details contact:

fallsprevention@ageuksomerset.org.uk

01823 345614

Memory Connections - Dementia Maintenance Cognitive Stimulation Therapy (MCST)

Our Memory Connections service offers weekly group sessions (both in person and online), which include a programme of enjoyable and stimulating activities for people living with mild to moderate dementia. For more details contact:

infoandadvice@ageuksomerset.org.uk

01823 345613

Wellbeing Service



Our free Wellbeing Service is about ensuring that older people in Somerset and North Somerset have the opportunity to lead the very best life they can. Because growing older is a different experience for everyone, the Wellbeing Service offers a range of different elements to help individuals feel less lonely, always listened to and given the tailored support they need to improve their quality of life.

Chat and Map offers a holistic approach to solving the issues that may be affecting the quality of life of an older person. An appointment starts with a chat to help map what daily life is like for individuals and ends with solutions to make daily life better.

Walk and Talk supports older people who would like to benefit from getting outdoors and being more active and would enjoy the company of a friendly volunteer while doing so, or those who don't feel confident enough to go out by themselves.

Wellbeing Friends supports local older people who feel isolated or lonely but for whom our Walk and Talk programme is not the right solution. Clients are matched with volunteers who then visit each week for a friendly chat.

Friendly Phone Calls connects an older person, who may be feeling lonely, isolated, or a bit low, with a volunteer for a friendly chat on the telephone every week.

For details on how to join any element of our Wellbeing Service contact:

wellbeing@ageuksomerset.org.uk

01823 345615

Toenail Cutting (Somerset only)

Working in association with Somerset NHS Foundation Trust we provide a professional and friendly basic Toenail cutting service across Somerset for over 55s. Ask your GP to refer you for assessment via the NHS Podiatry service. Some medical exclusions apply. A reasonable fee is charged for this service. For more details contact:

tnc@ageuksomerset.org.uk

01823 345610

Scams Advice (North Somerset only)

If you are worried about being scammed, or have already been affected, contact our Scams Advice Officer who works across North Somerset, funded by North Somerset Council (Trading Standards):

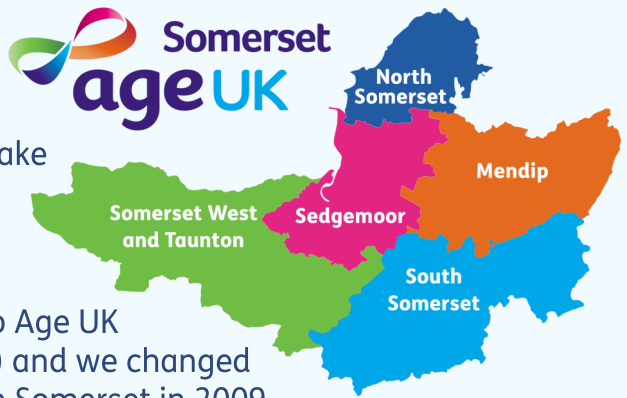
lin.griffin@ageuksomerset.org.uk

0744 398 3505

Did you know?

Age UK Somerset is an **independent local charity** that has been working to make life better for older people in Somerset and North Somerset since 1948.

We are a different charity to Age UK (which has a national remit) and we changed our name from Age Concern Somerset in 2009.



We'd love for you to get involved

Whether you'd like to join our team of wonderful Volunteers, or support us through fundraising or making a donation, we would love to hear from you! For more information please call: **01823 345627** or email: volunteers@ageuksomerset.org.uk Thank you.

Contact us

Call us: **01823 345610**

email us: info@ageuksomerset.org.uk

Visit our website: www.ageuksomerset.org.uk

Follow us on Social Media:   **@AgeUKSomerset**

Write to us: **Ash House
Cook Way
Taunton
Somerset
TA2 6BJ**



We welcome visits to our office by appointment only. Please call if you'd like to make an appointment.