



Age UK work with and for older people to improve the quality of later life and support older people in Shropshire and Telford & Wrekin

- A**dvocacy - independent trustworthy support for older people facing problems. Legal advice is available by appointment
- B**efriending - volunteer befrienders visit older people every week in their own homes to provide friendship and support
- B**enefits advice - we can answer queries, provide benefits checks and assist in the completion of application forms. We can also support older people at appeals and represent at Tribunals.
- C**ampaigning work - we campaign with and on behalf of older people to make life for older people better locally and nationally.
- C**ontact Scheme - we give assistance to older people who have become isolated from society, whether as individuals and groups, supporting them to become more involved in their community. Focus on people with dementia, and older people from black and ethnic minority group.
- D**ay centres - provide a day out once a week with transport, a hot meal and social activities for frail and isolated older people.
- D**iamond Drop in Centres - offer support and social activities for people with dementia and their carers
- H**elp at Home - offers paid for practical support in the home, this could be cleaning, shopping, gardening.
- I**nformation and Advice - a free service which helps older people with any issue that is concerning them. We have a range of fact-sheets, information guides and a useful A-Z of Services for older people
- I**ntergenerational work - in Telford & Wrekin brings together older people with young people and supports older mentors in schools.
- L**iving Well - activities to promote physical and mental well-being
- L**landudno holiday - a week in Llandudno for older people who find it difficult to take a holiday
- P**arish Links - volunteers act as information links between Age UK and older people in their local communities
- P**ub Lunch Clubs - members enjoy a monthly meal out with other older people
- S**hort term help and support - in south and north Shropshire we offer short-term support when older people leave hospital, and support to prevent admission and re-admission to hospital
- T**elephone Buddy service - a regular phone call for a friendly chat to relieve isolation

#### Contact Details:

#### Age UK Shropshire, Telford and Wrekin

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