



MORE LOCAL SERVICES

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Important local numbers

Local Neighbourhood Watch

Local Age UK

Local council

Local police

Local Fire and Rescue Service

Local MP



WHAT'S GOING ON NEAR YOU....

From our conversations with residents, we know that people aren't always aware of all the fantastic things available in our community for older people – from advice and information about issues like healthcare and benefits, to free activities which can lead to making new friends and having new experiences.

Some of these are included in this leaflet and you will receive a very warm welcome if you want to give something a try!

Afternoon tea parties
Contact the Elderly is a charity that holds regular free Sunday afternoon tea parties for people over the age of 75 who live alone. You will be collected from your home and driven to a volunteer host's home for the afternoon. Find out if there is one near you by calling 0800 716 543.

Men in Sheds

Men in Sheds is a project that was piloted by Age UK in 2010 to support older men who wanted to get together and share and learn new skills – all in the welcoming space of a ‘Shed’. Many local Age UKs now provide similar services; check your area here: www.ageuk.org.uk/services/in-your-area/men-in-sheds/

Men’s Sheds is a separate organisation but based on the same theme. Find out more at www.menssheds.org.

The University of the Third Age

U3A (University of the Third Age) is a UK movement of retired and semi-retired people who come together to continue their educational, social and creative interests in a friendly and informal environment. It’s all voluntary; a typical U3A will be home to many activity groups covering hundreds of different subjects- from art to zoology and everything in between. Formed over 30 years ago, there are now over 1,000 U3As across the UK, with thousands of interest groups between them and more than 400,000 members nationally. Find out more at www.u3a.org.uk.

The Posh Club

The Posh Club is a weekly glamorous performance and social club for older people held in Hackney, Elephant & Castle, Crawley, Brighton and Hastings. Each glamorous three-hour

event is styled as a tongue-in-cheek ‘posh’ 1940s afternoon tea with three live showbusiness acts, volunteer waiters in black tie, vintage crockery and an in-house pianist. Find out more at www.theposhclub.co.uk.

Bereavement groups

Co-op’s Funeralcare business has almost 50 bereavement groups across the UK. The groups provide support and a place to meet with other people for those who are experiencing loneliness as a result of bereavement. The groups which are open to anyone who has lost a loved one, regardless of whether their funeral was conducted by Co-op. Find out more at www.bereavementsupportgroups.co.uk.

Meetup

Meetup is an online platform that lets you search for groups and activities in your area. Just type in your postcode at www.meetup.com to see what is going on near you.

Befriending schemes

Befriending schemes are where a volunteer visits or talks to an older person once a week in their own home. These are ideal for those who can’t get about easily. Most local Age UKs run these; find your local service here <https://www.ageuk.org.uk/services/befriending-services/> or simply Google “Befriending services near me”.



Telephone befriending

Age UK’s Call in Time scheme matches older people with volunteers who share similar interests, to have a 30-minute phone call once a week. Call 0800 434 6105 to find out more.

The Silver Line is a confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Any older person can call the service at any time if they feel lonely or just want a chat. The number is 0800 4 70 80 90.

If you want to receive a regular weekly friendship call or email, you can be put in touch with Silver Line Friends. Or you may like to join a Silver Circle and take part in a regular group call on subjects that interest you.

As well as a telephone service, Silver Line offers Silver Letters, where volunteers provide friendship to older people through a regular exchange of written letters. For more information, call 020 7224 2731.

Community Network brings people together on the phone to form Telephone Communities, giving people the chance to socialise, share experiences and support each other. Because ‘meetings’ take place on the phone, they are easy to use and access – even for people who have mobility problems or a disability. Call 0207 923 5250 or visit communitynetworkprojects.org to find out more.

British Red Cross Connecting Communities service

Expert staff and volunteers from your local Connecting Communities team will discuss with you your interests and tailor a support plan to your needs that connects you with local services and activities. The programme will last for around three months. <https://www.redcross.org.uk/get-help/get-help-with-loneliness>