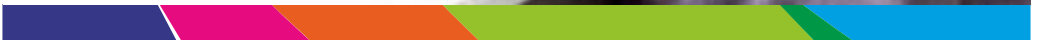


Who we are

What we do



Age UK Redbridge, Barking and Havering is a local, trusted charity which has been working with older people locally for 50 years. We believe in celebrating age.

We have dedicated, trained staff making a positive difference to the lives of hundreds of older people and their carers each week.

Our services are flexible so we encourage you to get in touch with us and discuss your needs.

Falls Prevention

We provide:

- Information and advice on how to prevent falls and maintain a healthy and active life
- Falls assessments for over 50s
- Exercise classes (various venues)
- Information sessions for groups and training for professionals

Dementia advice and support (pre and post diagnosis)

- Information on dementia and how to obtain a diagnosis
- Coordinated support to meet your needs including how to access services
- Assistance with applications for benefits and transport schemes
- Practical and emotional support
- Help to plan for the future

Advice and Information Services

We provide support with:

- Benefits checks
- Benefit applications including
- Attendance Allowance, Personal Independence Payment, Pension Credit, Council Tax Reduction, Housing Benefit, etc.
- Form filling for local and national transport schemes
- Accessing and filling in grant forms
- Housing options advice
- Information and advice on moving into care homes and care fees
- Accessing Community Care assessments and services
- Finding and getting access to services you need
- Dealing with concerns regarding health and social care

For advice and information enquiries or to book an appointment contact:

Ilford /Barking office: 020 8220 6000
Havering office: 07375 535655

Care Navigation

Help for people affected by poor health or loneliness to regain confidence and lead a more fulfilling life. We can help you access local services, groups and activities depending on your interests.

Help at home and personal care

- Help with showering, bathing and hair washing
- Supermarket shopping
- General house cleaning
- Laundry and ironing
- Our personal care service is registered with the Care Quality Commission
- We can also help with Toe Nail Cutting and Gardening

For information on service and charges call us on **020 8220 6000**

Social and cultural

Di's Diamonds facilitates and advertises:

- Coffee groups
- Cinema and theatre trips
- Various outings and exercise opportunities across Redbridge, Barking & Dagenham and Havering

To find out more and to receive the monthly programme call

020 8220 6000

or send an email to

disdiamonds@ageukrbh.org.uk

Friendship and company

Our volunteer based befriending service reaches older isolated people via:

- Phone calls (Monday to Friday)
- Home visits (for those very isolated)

In addition to providing friendship, the service will also monitor people's wellbeing and identify support that might be required.

Referrals are accepted either directly from the client, their family or friends or from any organisation or professional.

Wanstead Activity Centre

Based at 2 Grove Park (off Wanstead High Street), our lovely Activity Centre has something for every taste.

- Art and craft classes
- Chess club, book club
- Chair based exercises
- Walking groups
- Zumba
- One-to-one IT
- Poetry and reminiscence
- Health promotion events

We provide meals and refreshments and can cater for vegetarian or other diets.

For more details about booking and charges call **020 8989 6338**

GETTING INVOLVED

Have your say

We offer opportunities to influence local services via:

- questionnaires
- focus groups
- consultations and campaigns
- a citizens panel

Volunteer with us

- Take part in a rewarding and enjoyable experience
- Meet new people
- Develop new skills
- Build your confidence

How you might help

- Befriend older people
- Teach older people IT
- Help with administration
- Share your skills
- Assist staff at the Activity Centre
- Host activities

What volunteers say about us

"Previously I did 13 years of volunteering, but Age UK Redbridge has surpassed that with training, support and attitude to volunteers.

They show such courtesy and consideration for all clients and workforce generally.

Thank you for engaging me."

Age UK Redbridge, Barking and Havering is an independent charity responsible for raising its own funds. You can help us continue our vital work with older people by:

- making a donation either by sending a cheque made payable to **Age UK Redbridge, Barking and Havering** using our office address or via **Just Giving** using the link on our website
- leaving us a legacy in your will

Contact us for further details

We offer both free and chargeable services for Redbridge, Barking & Dagenham and Havering residents. For more information about specific services including applicable charges please get in touch with us using the contact details below.

Age UK Redbridge, Barking and Havering

4th Floor, 103 Cranbrook Road
Ilford, Essex IG1 4PU

e admin@ageukrbh.org.uk

t 020 8220 6000

**[www.ageuk.org.uk /
redbridgebarkinghavering](http://www.ageuk.org.uk/redbridgebarkinghavering)**

