



# SERVICES TO SUPPORT YOUR INDEPENDENCE IN SOUTH WARWICKSHIRE



Home maintenance and safety, including recommending or managing reliable, trustworthy contractors:

- Handyperson and gardening services
- Guidance on maintenance, adaptations and major property repairs, including availability of grants
- Home safety checks assessment of hazards within the home to minimise risk of falls
- Aid Call emergency response service

## Staying active, healthy and making friends:

- Ageing well exercise groups
- Lunch clubs, day clubs, pop-ins and coffee mornings
- Advice on health issues and falls prevention
- Learning to use a computer

Age UK Warwickshire provides a very wide range of practical care and information services:

#### Information and advice:

- Information on support and services available in the County both from Age UK and other agencies
- Help in resolving problems on a wide range of issues
- Advice on benefit entitlements
- Free legal advice clinics

# **Independent living:**

- Lifestyle a short or long term help at home service including shopping, light housework, food preparation, ironing etc
- Friendship and counselling to assist with overcoming isolation and loneliness
- Respite for carers and daycare for people with Alzheimer's or who are physically frail
- Library services for the housebound

**Age UK** is always looking for volunteers to "put something back" as well as meeting the public and making new friends.

For further information or to request any help, please phone Age UK at Briar Croft on:

## 01789-299332 or 205059.

You can also visit Briar Croft for help on Mon-Fri 1000-1230. The address is:

Briar Croft Alcester Road Stratford-on-Avon CV37 6PH

It is located just across the road from the Railway Station.