



Age UK Somerset is an independent local charity working in the community across Somerset and North Somerset to help support older people. Their families and carers for 75 years. We have the equivalent of 24 dedicated staff and over 360 volunteers helping us to deliver services and activities for older people in Somerset and North Somerset. We want everyone to be able to love later life!

The new name for
AGE Somerset
Concern



Information and Advice

Age UK Somerset provides information and advice on a wide range of issues. We'll provide you with the facts and you can make choices and decisions knowing you have reliable information. Over 60's

What we can offer you:

- We will give you information that is accurate and up-to-date
- We can explain the choices you have.
- We will help you decide what to do, but it is your choice.
- If we can't help, we will point you in the right direction.



How to access the Information and Advice service

We are open from **9am to 4:30pm, Monday to Friday.**

To speak with one of our advisers:

•Phone us on [01823 345613](tel:01823345613) .

•or email infoandadvice@ageuksomerset.org.uk

•If you would like to make an appointment to come into our office, please call [01823 345613](tel:01823345613) to arrange this.

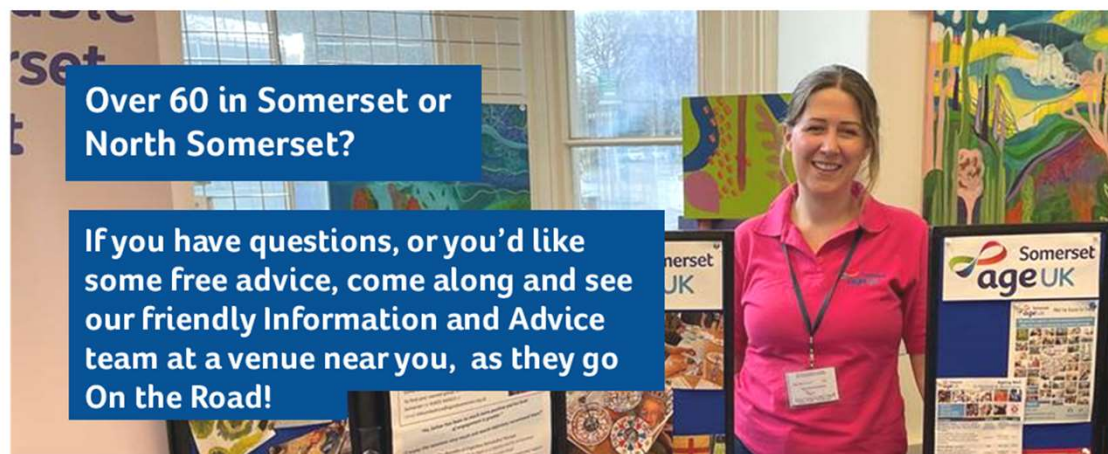


'I&A on the Road' – Outreach sessions.

Throughout March, April and May our Information and Advice officers will be found in village halls, warms spaces, community hubs and libraries around Somerset and North Somerset holding outreach advice sessions. We will be there to give older people the information and advice they need! No appointment is necessary. The service is free of charge, confidential and primarily for anyone over 60 in Somerset and North Somerset as well as their families and those that care for them. If we don't know the answer we will know someone who will! **More dates and locations are now being added!**



**FREE information and advice
coming to a venue near YOU**



We can provide information and advice on:

- ✓ Financial issues
 - ✓ Being a carer
 - ✓ Social Care
 - ✓ Housing
 - ✓ Council Tax
 - ✓ Staying independent
 - ✓ Local Social and leisure activities
 - ✓ Choosing care and support
 - ✓ Other support that may be available locally
- And many other topics!**

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For more information email infoandadvice@ageuksomerset.org.uk
or call **01823 345613**

Chat & Map

What does the Chat and Map programme offer?

This free programme is part of our Wellbeing service and offers a holistic approach to solving a wide variety of issues that may be affecting the quality of life of an older person.

After the client requests an appointment, a member of the Age UK Somerset team visits them at their home.

It starts with a chat and ends up mapping what daily life is like for individuals. Solutions can then be found to make daily life so much better.

The service treats everyone as individuals and the issues uncovered could range from struggling with rising bills, feeling isolated and lonely, or having trouble coping in their homes. Solutions may be provided through connecting the client with other elements of the Wellbeing service or other services provided by Age UK Somerset, and sometimes the client might be referred to services provided elsewhere.

Who is Chat and Map for?

Anyone aged over 60 in Somerset or North Somerset.

To speak with one of our advisers:

•Phone us on [01823 345613](tel:01823 345613)



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'Memory Connections'

Dementia MCST



'Memory Connections'

Dementia MCST



What is CST? Cognitive Stimulation Therapy ?

'Memory Connections' is our Dementia Maintenance Cognitive Stimulation Therapy (MCST) weekly programme of meaningful and stimulating activities for people living with mild to moderate dementia. Participants can attend a face-to-face group session (MCST)

Cognitive Stimulation Therapy (CST) is proven to initially, slow the progression of dementia and increase quality of life and is recognised by the NHS as THE leading non-pharmaceutical intervention for those recently receiving a dementia diagnosis. CST focuses on exercising parts of the brain which are not used day to day, creating new neural connections stimulating brain growth and maintenance. Encouraging new thoughts, communication, word finding and using the imagination when the memory is not accessible.

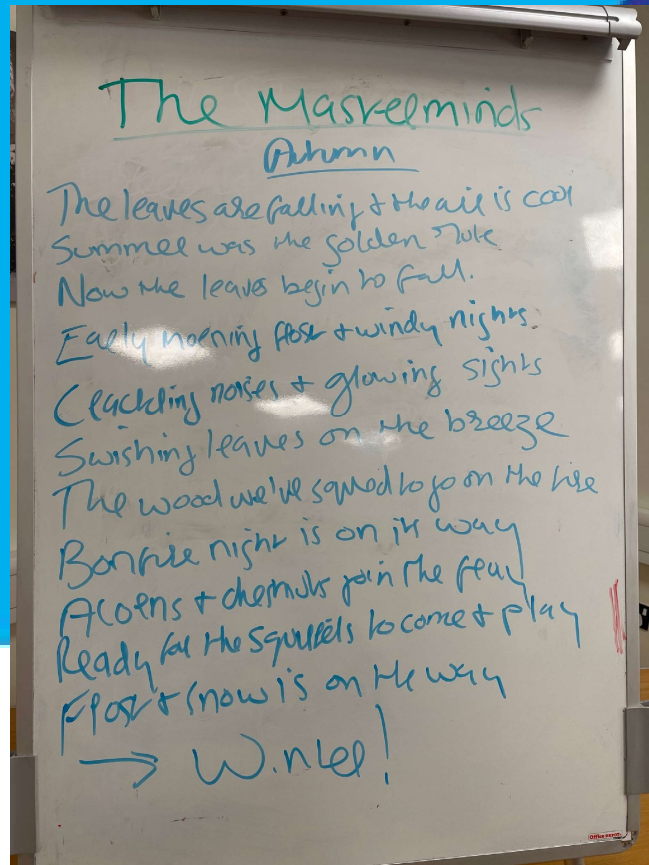
How can I access this service?

Please call: 01823 345613

email: infoandadvice@ageuksomerset.org.uk

We will arrange a home visit with one of our MCST officers to meet, discuss and to complete mandatory registration forms.

A Memory Connections group session offers its members a range of enjoyable activities providing general stimulation for thinking, concentration and memory. Each week we will cover different themes and topics such as; Life History, Current Affairs, Word Games, Physical activity, Music, Creativity and much more. We aim for the sessions to be group led, our members can even choose topics/themes they would enjoy discussing to encourage a greater engagement and enthusiasm. Our trained specialist team deliver the sessions, group members are encouraged to engage in a wide variety of activities to promote the maintenance of an active and stimulated mind.



'Memory Connections' Dementia MCST



Memory Connections (Dementia MCST) can accommodate people with or without a formal dementia diagnosis. Group sessions cost £15 per session, members can come along every week for as long as they would like.

Our Memory Connections Groups We now have 6 groups!

Memory Connection Groups run across Somerset and North Somerset. These are held in a community halls and sessions last for two hours giving Carer's valuable respite time. Members meet in small groups (maximum of eight)

We currently have the following Memory Connections groups running across Somerset....

- St Georges Catholic Centre, Taunton on a Monday afternoon 2pm –4pm
- Brittons Ash community hall in Taunton on a Tuesday at 10:15am-12:15pm.
- Victoria Park community hall in Bridgwater on a Tuesday at 1:30pm- 3:30pm.
- Milton Baptist Church hall in Weston- Super-Mare on a Wednesday at 10:30am- 12:30pm.
- Christchurch Hall in Clevedon on a Wednesday at 1:45 – 3:45pm
- *St Peters Community Centre in Yeovil on Wednesday 1pm-3pm*





Vintage Art Makers Group

New weekly group for over 60s!

Mondays
(Starting 2nd September)
2pm – 4pm

This class will be held at:
The Trident Centre
Galmington
Taunton TA1 5NN

Make art, make friends, have fun, feel good.
Absolutely no experience or talent necessary!

Our Vintage Art Makers group will be yours. A place to boost your wellbeing, to meet new friends and enjoy mark making, with a bit of instruction from us, and definitely a place for tea and biscuits.

Cost: Suggested donation £4 which includes materials, tea & a biscuit or two!

Discount for those on Pension Credit.

Accompanying carers of participants with mild dementia can join in for free.

For more information or to book a place call Laura at Age UK Somerset on

01823 345613

or email: infoandadvice@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

New for 2024!



Walk & Talk

What is 'Walk and Talk'?

Our free 'Walk and Talk' service aims to support older people who would like to get out and benefit from fresh air and being more active but don't feel very confident about going out by themselves or would just appreciate some company.

What does the Walk and Talk service offer?

After clients have registered they will be matched with a suitable volunteer. Then over an initial 16 week period, clients will be called for by the volunteer each week, who will then go out with them out for a short walk starting from (and returning to) the client's home.

The pace of the walks will be set by the client and will not be strenuous. Every client is different and so the duration of the walks will be tailored to their needs and wishes. The social aspect of having a friendly chat during the meeting is seen as just as important as the walk!

Who is Walk and Talk for?

Anyone over 60 in the Somerset and North Somerset can sign up for Walk and Talk. (If no local volunteers are immediately available there may be a short delay but we will do our best to find one).

Priority will be given to those who live alone.



What are the benefits of the service?

- An increase in confidence
- An increase in fitness
- A reduction in feelings of loneliness or isolation
- Improvement in physical, mental and emotional wellbeing
- Meeting new people, making new connections
- Being introduced to new activities in the area

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Wellbeing Friends and Friendly Phone Calls

What is the Wellbeing Friends programme?

This free programme, part of the [Wellbeing service](#), matches a friendly volunteer with an older client in their local area for a weekly home visit to provide companionship and a window to the outside world. It's all about new friendships and enjoyable company and conversation to brighten the day. It is not about providing home help, transport or a shopping service.



What is the Friendly Phone Calls programme?

The free Friendly Phone Calls programme is part of our [Wellbeing Service](#). It is for anyone aged over 60 in Somerset and North Somerset who may sometimes feel lonely, isolated, or a bit low, and who would appreciate having a telephone chat with a friendly volunteer every week.

Who is Wellbeing Friends & Friendly Phone Calls for?

Those aged over 60 in Somerset and North Somerset who live alone and may sometimes feel lonely, isolated, or low. Priority is given to those living alone.

How to Contact the Wellbeing Service

Telephone: **01823 345615**

email:

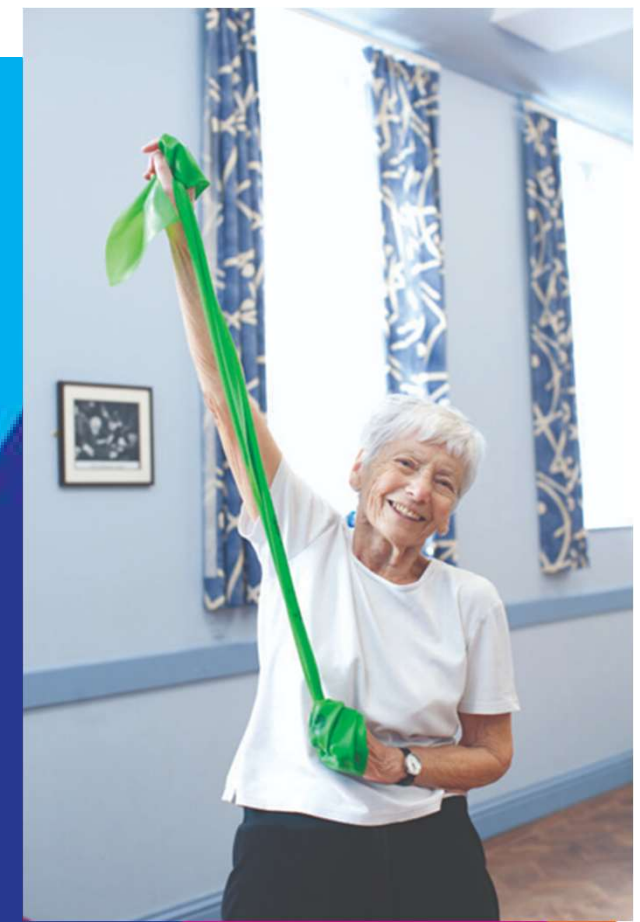
wellbeing@ageuksomerset.org.uk

Ageing Well

Ageing Well is a national programme promoting physical activity for mental and physical health and wellbeing.

Our Ageing Well service facilitates more than 80 exercise classes each week across Somerset and North Somerset.

We partner with many other organisations who align with our mission of “Adding years to life, adding life to years”. These include Somerset County Council, North Somerset County Council, SASP and Westport.



For more information or if you have any questions please contact the Ageing Well team.

Phone: [01823 345626](tel:01823345626)

email:

ageingwell@ageuksomerset.org.uk

Falls Prevention

We have a Falls Prevention team because the effects of a fall on an older person can be devastating. Falls are a major cause of disability and the leading cause of mortality due to injury in older people aged over 75 in the UK.



Strength, flexibility, balance and reaction times are considered the most readily modifiable risk factors for falls.

We offer Strong and Steady sessions, specially developed classes that help to improve strength and balance. They can give you greater confidence, reduce the risk of having a fall and help you to stay independent as you get older.

Age UK Somerset offers two tiers of Strong and Steady classes, so you can participate at a level that is right for you. The '**Stay Strong Stay Steady**' (Otago) exercise programme is designed specifically to prevent falls, consisting of leg muscle strengthening, balance retraining exercises (progressing in difficulty) and a walking plan.

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Contact the Falls Prevention team
Call 01823 345614 or email
fallsprevention@ageuksomerset.org.uk

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Toe Nail Cutting

Toenails don't stop growing and they can cause difficulties if they are not regularly cut. Long toenails have contributed to falls and unfortunately, hospitalisation. Age UK Somerset provides a personal service, regardless of age or ability, in a safe environment that will enhance a person's mobility and comfort. This could be on a short term basis or ongoing, for as long as the service is needed.



Who can use this service?

You may be interested in this clinic based service if you are aged 55 or over and:

- are unable to hold clippers
- are unable to bend down
- are unable to reach your feet
- have little strength in your hands

We can also cut toenails for clients who are diabetic, or for those with dementia, although it is desirable that they have a familiar person to accompany them at the appointment. Unfortunately, clients who take certain medications are excluded from the service.



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