

How we can help

We are the charity for over 60s* in Somerset and North Somerset



Age UK Somerset is your local charity offering a wide range of services especially for older people across Somerset and North Somerset.

We believe everyone should have the opportunity to love their later life!

We're an independent charity with the goal of enabling all local older people to live later life to the full. So, whether you're on a quest to live well into old age, facing a tough time or struggling with the cost of living, we offer a service for you!

- ✓ **Free Information and Advice on financial issues, housing, social care, local activities and much much more**
- ✓ **A wide range of Ageing Well exercise and activity sessions, in small friendly groups, for fitness and fun**
- ✓ **Benefit claims assistance**
- ✓ **Dementia groups and support**
- ✓ **Falls Prevention exercise sessions**
- ✓ **Wellbeing service - matching clients with volunteers to visit and make life feel less lonely.**

* Our Information and Advice service is focused on helping over 60s but can also provide assistance to friends, family and carers too. Our Toenail Cutting service and Ageing Well exercise sessions are open to over 55s.

Visit **www.ageuksomerset.org.uk**

call **01823 345613**



or email **info@ageuksomerset.org.uk**