



Visiting Scheme

**Befriending and support service
for older people**

We provide a free friendship and support service for people who find themselves isolated and lonely in later life.

A carefully matched volunteer will visit an older person in their home once a week to share news, views and interests. They will listen to their concerns and offer support as required

For more information call your local Visiting Scheme Coordinator on the number below

**Watford and Three Rivers
01923 256361**



Hospital Discharge Scheme

**Helping older people remain
independent**

If you have just come out of hospital and are finding it difficult to manage at home, Age UK Hertfordshire can offer you short term practical and emotional support to help you maintain your independence at home. Our teams can....

- **Shop for essential items**
- **Collect prescriptions**
- **Provide information and signpost to other services**
- **Accompany you to the shops, appointments, on short walks or outings**
- **Provide encouragement and support to help build your confidence and wellbeing**

To find out more about the scheme contact us on
**South/West Hertfordshire
Watford General and St Albans Hospitals
01727 850811**



Help in the home

**Helping you with cleaning and
household tasks**

For further information on the domestic support that we can provide for older people, and their carers, who live in the County of Hertfordshire, please contact your local...

Help in the Home Team



**South West Hertfordshire
01923 224472**

helpinthehome.sw@ageukherts.org.uk



InTouch

a countrywide support service

Are You facing a life changing situation and don't know where to turn? If so, our InTouch team can help.

It will work closely with you by...

- **listening to your concerns**
- **providing support for as long as it is needed**
- **enabling you to make the choice that it right for you**

Find out how we can help you by calling

01992 629358 or 01992 634964

9.00am - 4.30pm

Monday to Friday

You can email us at

InTouch@ageukherts.org.uk

www.ageuk.org.uk/hertfordshire



Healthwise.....

healthy eating, gentle exercise, computer skills and friendship

Healthwise helps people with depression and early dementia retain their independence through an enjoyable programme of

- **healthy eating**
- **gentle exercise**
- **digital inclusion**
- **social interaction**

Each programme runs for a ten week cycle

To find out more contact your

Healthwise Coordinator today

**07772 173658
or email**

healthwise.4@ageukherts.org.uk

www.ageuk.org.uk/hertfordshire



Information

The advice line can help you

Each week we help older people, their carers and friends with many of the problems which either, they find difficult, or cause them concern

- **claiming benefits**
- **accessing local sers**
- **community care queries**
- **housing options**
- **and much more**

Find out how we can help you by calling

0845 601 3446

Monday to Friday

9.00am - 4.00pm

email info@ageukherts.org.uk

www.ageuk.org.uk/hertfordshire