

Age UK Hertfordshire are *here if you need us...*



We know that this is a difficult time for everyone, but especially for older people; so we are '**Here if you need us**'. We are a local independent charity working to support over 10,000 people each year.

Our strategic objectives are to alleviate loneliness and isolation, tackle poverty and inequalities and build resilience within communities across Hertfordshire.

We provide a range of services, including:

- **Befriending**...If you need some company
- **InTouch**... If you need to talk
- **Information & Advice**... If you need answers
- **Help in the Home**...If you need help around the house
- **Active Ageing**...If you want to enjoy some activities and meet like minded people

We also work in partnership with other charities and social enterprises

We're here if you need us ...

...following a hospital stay
or need some support at
home

**Hospital & Community
Navigation Service**



...if you need help with
memory issues, cognitive
impairments or dementia

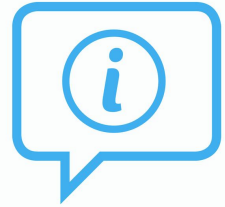
**Hertswise
Dementia Support**



...if you have concerns
about your nutrition or
overall health

**Nutrition & Dietetics
Service**





Do you need advice on money, wellbeing, health or lifestyle?

Our quality assured Information & Advice Team are here for you, your family or friends to:

- Help you explore your rights, entitlements or access to benefits and grants
- Support you to arrange Lasting Power of Attorney
- Support you in accessing Dementia Support
- Provide scams awareness information
- Provide basic IT Training
- Provide information on community care and health services, including access to equipment and aids, or housing options
- Provide information on your local services to help you stay independent and active in your community

For more information please contact our team on:

0300 345 3446

info@ageukherts.org.uk

www.ageuk.org.uk/hertfordshire

Charity Number: 1116662



NATIONAL
TRADING
STANDARDS
Scams Team

