



# AGE CONCERN SPELTHORNE

Registered Charity No. 251043

Community Link Centre  
Knowle Green, Staines, Middlesex, TW18 1XA

Tel: 01784 444200 / 203

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Web: [www.ageconcernspelthorne.org.uk](http://www.ageconcernspelthorne.org.uk)

*Dedicated to improving the quality of life of older  
people in the Borough of Spelthorne*



# AGE CONCERN SPELTHORNE

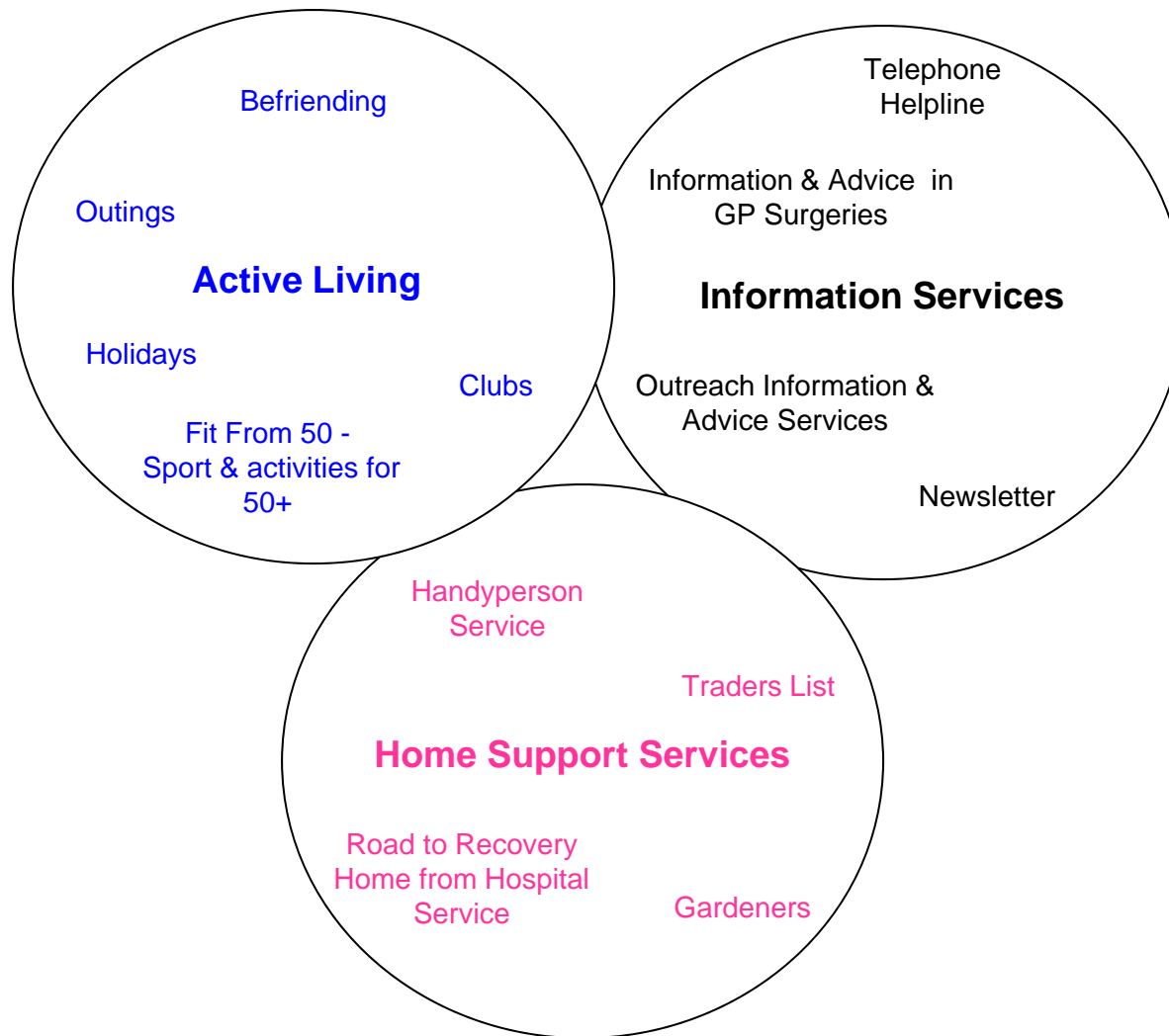
Age Concern Spelthorne is an independently constituted charity, with a Board of volunteer Trustees who have overall responsibility for the running and well-being of the Charity.

Age Concern Spelthorne is also part of a nationwide federation of Age Concerns, all dedicated to promoting the well-being of older people. We have:

- 2 Full-time staff
- 13 Part-time staff
- 80+ Volunteers

Our thanks to Spelthorne Borough Council who provide us with free office space in the Community Link Centre as part of our annual grant.

*Enabling older people to remain living independently for as long as they wish.*

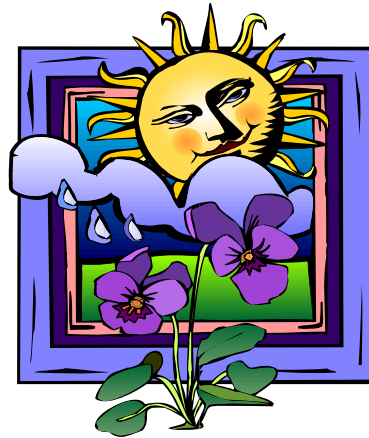


**AGE**  
*Concern*

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# **AGE CONCERN SPELTHORNE**

*Road to Recovery*





# AGE CONCERN SPELTHORNE

## Road to Recovery (Home from Hospital)

This service provides practical help at home after a stay in hospital or after an illness at home.

This service can be available for up to six weeks for an average of 2 – 3 hours per week, depending on the level of help required. Help can include:

- Shopping
- Bed making
- Light snacks
- Washing up
- Prescription / Pension collection
- Paying bills
- Writing letters
- Light Domestic duties
- Accompanying to appointments



# AGE CONCERN SPELTHORNE

Handyperson Service





# AGE CONCERN SPELTHORNE

## Handyperson Service

The Handyperson scheme offers help with small jobs around the house. There is a charge of £10 per hour, which includes most small items such as nails, screws and putty.

- Fitting and supply of grab-rails and handrails
- Fitting and supply of Keysafes
- Make safe loose carpeting
- Adjust/replace ball-cock
- Renew tap washers
- Seal baths and sinks
- Replace light bulbs and fittings
- Fit plugs to household appliances
- Fix curtain rails, shelves, knobs and handles
- Ease doors and windows
- Re-putty windows
- Fit smoke alarms and batteries
- Replace windowpane/door glass
- Energy efficiency advice and grant information
- Free fitting of door bars and viewers



# AGE CONCERN SPELTHORNE

## Information & Advice

We can help you with information on:

Local Services

Money Matters

Health & Social Care

Leisure & Social Activities

If we can't help you, we can put you in touch with someone who can. Our telephone helpline is open from 9.30 to 1pm Monday to Friday on 01784 444200/203. Home visits are available on request.



# AGE CONCERN SPELTHORNE

## Community Support Staff

Our Community Support Workers will visit clients at home and complete benefit application forms such as Attendance Allowance Forms, Council Tax, Housing Benefit and Social Service Assessment forms.

Staff also provide support to clients with mild confusion and during times of stress e.g. bereavement, periods of anxiety or depression etc. They will accompany clients to clubs, coffee mornings and on outings and help to reduce social isolation and promote mental well-being.



# AGE CONCERN SPELTHORNE

## Community Support Desk

The Community Support Desk is based at local health centres throughout Spelthorne. An Information Officer will provide details about the help and support available from local and national voluntary groups, as well as local authority and social care professionals. Assistance is given in contacting appropriate sources of help, including making appointments and checking the availability of transport, if required.

The Information Office is at the following locations each morning:

Stanwell Health Centre every Monday, 10.00 – 10.00am

Staines Health Centre every Tuesday, 9.00 – 10.00am

Studholme Health Centre (Ashford) every Wednesday, 9.00 – 10.30am

Shepperton Health Centre every Thursday, 9.00 – 10.00am

Sunbury Health Centre every Thursday, referrals are collected

**NEW** from 10<sup>th</sup> February 2010 every *other* Wednesday: St Saviour's Office Sunbury, 11.30am 12.30pm



# AGE CONCERN SPELTHORNE



The Fit from 50 Programme is a free 8-week course for men and women over the age of 50 living or working in Spelthorne.

The aim of this the programme is to give participants the opportunity to find out how to achieve a healthier lifestyle in a safe, effective and fun environment.

Professional coaches from a variety of sporting and health related professions are provided to help inspire participants to a more active lifestyle.

There is a small charge of £20 for the 8-week programme.

Website: [www.fitfrom50.co.uk](http://www.fitfrom50.co.uk).

Fit From 50 is part funded by Awards For All (The Big Lottery Fund)





# AGE CONCERN SPELTHORNE

## Clubs and Activities

The Martindale Club is a social club that meets weekly every Tuesday at St Martin's Court, Kingston Crescent, Ashford.

The Monday Club meets fortnightly at the Staines and Laleham Sports and Leisure Club in Worple Road, Staines, for short mat bowls and other activities e.g. Healthy Eating Course, Nintendo Wii, Pool, Darts, Table Tennis etc.

Tea Dances are held monthly at The Methodist Church, Thames Street, Staines.

The Ashford Darby and Joan Club meets most Fridays of the year at St Hilda's Church Hall, Woodthorpe Road, Ashford where parking is available. The club is open between 1.00pm and 4.00pm and has live musical entertainment each week. Tea and biscuits or cakes are served.



# AGE CONCERN SPELTHORNE

Creative Travel  
Holidays





# AGE CONCERN SPELTHORNE

For further information on Age Concern Spelthorne  
and the services we can offer, please phone our office on  
01784 444200 or 01784 444203.

or email [ageconcern@spelthorne.gov.uk](mailto:ageconcern@spelthorne.gov.uk)

Alternatively, you can visit us via our website at

[www.ageconcernspelthorne.org.uk](http://www.ageconcernspelthorne.org.uk)