



## Your local, independent charity for over 50's

We have supported people in Trafford since 1975. We work only in Trafford and rely on local funding, fundraising and donations to provide each individual service.



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

follow us on twitter @ageuktrafford and @dementiaadviser and on facebook @ageuktrafford and @ageuktraffordretailandvintage

**The Sharples Building, 1-3 Church Road,  
Urmston M41 9EH**

Registered Charity No. 1109047 Company No. 5384301

### Our services:

- **"Passion for Life" Dementia Day Support** – for people with dementia: 133 places a week. ☎ 0161 672 9644/07469149304
- **Dementia Advice Service** – info, advice, support and social activities for people with dementia and their carers. ☎ 0161 746 3944
- **"Blossom Out"** – information & activities for people with Mild Cognitive Impairment (MCI). ☎ 0161 746 3944
- **Falls Prevention** – Trafford wide information, co-ordination and postural stability classes. ☎ 0161 672 9642
- **"Man with a Pan"** – supporting older men to learn to cook healthy meals. ☎ 0161 746 9754
- **Information & Advice** – drop in, helpline and benefits advice : Mon-Thurs 9.30am-1.00pm. ☎ 0161 746 3940
- **Care Navigation** – support to find home care provision or residential care. ☎ 0161 746 3946
- **Traders Register** – builders, decorators, electricians etc. that have provided us with references & insurance. ☎ 0161 746 9754
- **Discounted Wills, Legal Advice & Tax Help** – by appointment. ☎ 0161 746 9754
- **Silver Surfer Laptop and IPAD Courses** – for older people: ☎ 0161 746 9752
- **Home Library Service** – book deliveries for the housebound. ☎ 0161 746 9752
- **Social Activities** – including afternoon matinee, health walk, exercise class, line dancing, men's group, coffee morning. ☎ 0161 746 9754
- **Trafford Care Consortium** – supporting training in the private and voluntary care sector. ☎ 0161 746 3943
- **Social Enterprise/Recycling** – Charity Retail all profits used to provide services in Trafford. Ashton on Mersey (☎ 0161 905 1438) and Sale Moor (☎ 0161 976 2444)
- **Volunteering Opportunities** – from just 1-6 hours a week depending on the role. ☎ 0161 746 9752
- **Room Hire** – we have rooms for hire (with IT, presentation facilities and kitchen access for 5-50 people) – for more info ☎ 0161 746 9754

For more information on specific services – please ring the numbers above.