

Age UK offer a range of support services to you at home and in our Community Hubs



Community meals

Freshly prepared meals delivered hot and ready to eat to you at home in time for lunch by our friendly team.

Wellbeing activities

An opportunity to meet others, take a look and join in our varied schedule of activities, keeping you fit and your mind active.

Dementia Services

An opportunity to come and join in meaningful activities specially tailored for those living with Dementia. Carers support services are also available.

If you would like to hear more or you would like us to refer you to Age UK services for a free trial, then please speak to the friendly reception team. Alternatively you can contact Age UK directly on

01303 269602

