

AGE concern

Barnstaple & North Devon

Services for people aged 60+

Registered Charity: 1201835



Care Line
01271 445131

Open Monday – Friday
9.30am – 1.30pm

Home Visits Available

Age Concern Care Line Help Desk can help you with:

- Benefit Applications
- Attendance Allowance Forms
- Blue Badge Parking Applications
- Signposting for Debt, Energy, Housing and Legal Issues
- Bereavement Support
- Home Support Services
- Home Maintenance
- Support for People Living with Long-Term Conditions
- Carer Support

Age Concern Barnstaple and North Devon, 116-118 Boutport St, Barnstaple, EX31 1TD
Open Monday – Friday 9.30am – 3.30pm

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Do you live alone ?

Are you aged 66+ ?

Is your weekly income less than £201.05 ?

You could be entitled to Pension Credit.

Contact Age Concern for help:



01271 445131

Are you a couple?

Are you both aged 66+ ?

Is your weekly income less than £306.85 ?

You could be entitled to Pension Credit.

Contact Age Concern for help:



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Are you aged 66+ ?

Do you need help to wash, dress or eat ?

Do you need help with mobility?

Do you need help with communication?

You could be entitled to Attendance Allowance.

Contact Age Concern for help:



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Are you living with a permanent disability which restricts your mobility ?

You could be entitled to a Blue Badge which will give you more accessible parking options.

Contact Age Concern for help:



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Community Transport Booking Desk

 01271 445131

Open Monday – Friday
9.30am – 1.30pm

Age Concern Community Transport can help you with:

- Medical Appointments
- Practical Journeys e.g. for shopping and banking
- Social Appointments e.g. to attend a lunch club, go to the hairdresser

Phone the Booking Desk to plan your journey.

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Shopping Service Booking Desk



01271 445131

**Open Monday – Friday
9.30am – 1.30pm**

Age Concern Shopping Service can:

- Help you with your shopping list
- Take you shopping and bring you home
- Help you around the supermarket, carry your bags and help you to put your shopping away
- Take your shopping list and payment and do your shopping for you

Phone the Booking Desk to arrange your shopping.

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Befriending Service

 01271 445132

**Open Monday – Friday
9.30am – 3.30pm**

Age Concern Befriending Service can:

- **Provide a Weekly Befriending Telephone Call**

Calls provide conversation and companionship and check to make sure that all is well

- **Provide a Weekly In-home Visit**


Visits usually last an hour, plenty of time for a chat and a cup of tea

Contact us to discuss your requirements.

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Carer Support Service

 **01271 445132**

**Open Monday – Friday
9.30am – 3.30pm**

Age Concern Carer Support Service can:

- **Provide a Weekly In-Home Respite Break**

An Age Concern volunteer will provide a weekly befriending visit to the cared-for allowing the carer to take a break

- **Provide Respite Breaks through Community Activities**

The cared-for can attend an Age Concern Community Activity (e.g. Lunch Club, Pop-In Morning, Seated Exercise Class) whilst the carer takes a break

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Hospital Support Service

 01271 445132

Open Monday – Friday
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Age Concern Hospital Support Service can:

- **Provide Support Before, During and After a Stay in Hospital**

Up to 6 weeks of support can be provided including help with shopping, pharmacy, light cooking and housework, befriending visits and phone calls

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Community Activities



01271 445133

Open Monday – Friday
9.30am – 3.30pm

Age Concern Community Activities:

- Lunch Clubs
- Pop-In Mornings
- Community Singing
- Afternoon Club
- Seated Exercise
- Library Club

All Clubs and Groups last 2 hours and include refreshments

Contact us to discuss your requirements.

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Wheelchair and Mobility Scooter Hire

Contact us to discuss your requirements.

Wheelchair & Mobility Scooter Hire



01271 445135



Age Concern Barnstaple and North Devon, 116-118 Boutport St, Barnstaple, EX31 1TD

Open Monday – Friday 9.30am – 3.30pm



Barnstaple Elder Day



1st Wednesday of each month 10am – 3pm

A day when Barnstaple takes extra care of our older residents

Bus Station Waiting Room - refreshments & accessibility toilet

High Street Shambles Community Café – rest & refreshments

Barnstaple Library - Wellness Café, books, audio & activities

Wheelchairs & Mobility Scooters - with user support

Elder Day Helpers - wearing Hi Viz will offer support around Barnstaple town

Age Concern pop-up Help Desk in Green Lanes Shopping Centre – help with Benefits & Blue Badge parking applications, signposting, information & support

Scotts Cinema – offering discounted tickets

To help plan your Elder Day please contact Age Concern  **01271 445135**



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Could you volunteer a little time to support Age Concern Services?

We have a wide range of **volunteer roles** across North Devon and offer excellent training and support.

Time commitments vary **from 1 hour a month** upwards.

Out of pocket **expenses are paid** and we provide a very popular quarterly **events programme**.

We also offer Volunteer Awards, a Volunteer Steering Group and a Volunteer Alumni.

Please contact our Volunteer Manager Jill Ackland  01271 445134

 jill@ageconcernnorthdevon.org.uk

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What Does Ilfracombe Need?

- One Ilfracombe provides Carer Support Services and Community Transport

**Age Concern can
immediately provide:**

- Care Line
- Telephone Befriending



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Care Line

Telephone & Home Visits
Information, Signposting & Support



Phone: 01271 445131
Email: tina@ageconcernnorthdevon.org.uk

- Benefit Applications & Housing
- Home Adaptations, Maintenance, Cleaning & Gardening
- Debt, Energy, Will & Estate Planning, Legal Issues
- Carer Support, Memory/Dementia, Disability, Long-term Conditions eg. Stroke & Parkinson's, Hearing & Sight Impairment
- Transport, Mobility & Accessibility, Independent Living Services
- Bereavement Support, Funeral Planning
- Loneliness & Isolation, Mental Health & Wellbeing
- Community & Statutory Support Services

Charitable Incorporated Organisation
Registered in England and Wales

Charity Number:
1201835

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Telephone Befriending

A Weekly Phone Call for
Conversation & Companionship

Phone: 01271 445132
Email: natasha@ageconcernnorthdevon.org.uk



- Enjoy a weekly phone call
- Look forward to catching up & sharing news
- Chat about old times & new times
- Share troubles & celebrations
- Feel reassured that someone is phoning every week to make sure that all is well
- Ask or extra help & support if needed

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With Ilfracombe volunteers Age Concern can provide:



Befriending



Hospital Support



Shopping Service



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**With Ilfracombe volunteers
Age Concern can provide:**



Community Activities
If there are gaps?

Starting with a Lunch Club
and
Pop-In Morning

**Does Ilfracombe want to participate
in Barnstaple Elder Day?**

