

Call us today to find out more:  
**01784 444200**  
[enquiries@ageuksurrey.org.uk](mailto:enquiries@ageuksurrey.org.uk)  
[www.ageuk.org.uk/surrey](http://www.ageuk.org.uk/surrey)

# Supporting you throughout later life

## our activities in Spelthorne

**New - Café Culture**  
**Every Thursday from**  
**17th Jan 2019, 3pm-5pm.**



**Nostrano Lounge, 55 High St, Staines TW18 4QH.**



Come along and join us every Thursday, 3pm - 5pm. Anyone aged 50+ is welcome. No booking required. **Meet new people, enjoy conversation in a welcoming and friendly environment. A drinks loyalty scheme is available.**

### **Information and Advice**

**Free confidential and impartial advice with a trained adviser at:**  
Spelthorne Borough Council office,  
Knowle Green, Staines, TW18 1XB.  
**Tuesdays 9 am - 12 noon.**  
Drop-in or call 01483 503414  
for an appointment.



# Supporting you throughout later life

## our services in Spelthorne

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We believe your later years should be fulfilling and enjoyable. Our services and activities have been designed to:



Ensure you are well informed and give you advice so you can make the choices that are right for you.

Ask for **Information and Advice.**



Provide you with practical support to help you with everyday chores, errands, cleaning, companionship and gardening.

Ask for **Help at Home.**



Provide companionship and support either at home or through activities in your local community where you can meet new people in a friendly environment.

Ask for **Making Connections.**



Support you if you are anxious and need someone to talk with confidentially.

Ask for **Counselling.**



Help keep you active and mobile on our volunteer led walks..

Ask for **GO50 Walks.**

**See overleaf for our activities**