

Here at Age UK Herefordshire and Worcestershire we offer a range of services including:

- Help at home
- Foot care
- Veterans service
- Dementia Cafes
- Meeting Centres
- Computer Cafes

And so much more...

*You can find us on social media, visit our website, or call our referral hub.*

Referral hub 0800 008 6077

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

We also have some funding to give out for someone to start a new Walking Sport group. Please see attached poster and call the referral hub for more information.



Herefordshire & Worcestershire  
ageUK

**Walking Sports**

## Funding Available

Are you considering setting up a Walking Sport in your local town?

Ask us at Age UK H&W how we can support you to get started!

0800 008 6077  
referralhub@ageukhw.org.uk  
www.ageukhw.org.uk



Herefordshire & Worcestershire  
ageUK

### Are you or someone you know feeling isolated?

Companion Line supports people who can benefit from a regular phone call from one of our volunteers.

Not having someone to talk to regularly can be lonely, particularly if you are used to sharing your home and time with others.

For any one over the age of 18 living in Herefordshire or Worcestershire.



To find out more, please contact us!  
W: [www.ageukhw.org.uk](http://www.ageukhw.org.uk)  
E: [referralhub@ageukhw.org.uk](mailto:referralhub@ageukhw.org.uk)  
**08000086077**  
Charity No: 1080545