



- \* **Advice** - assistance with benefit entitlements and support with applications.
- \* **Befriending** - connection to local friendships and community support.
- \* **Care Support** - access to assistance with home help, shopping & cleaning.
- \* **The Veranda centre** - bringing those in later life together for social connection.
- \* **Emotional support** - specialist assistance for those facing end of life and bereavement.
- \* **Dementia support** - advice and support for anyone affected by dementia.
- \* **Local service directory** - pointing you to local services.

**Contact 01206 368420**

[enquiries@ageconcerncolchester.org.uk](mailto:enquiries@ageconcerncolchester.org.uk)

**Option 1** food ,medical supplies;  
care or home help

**Option 2** bereavement, emotional  
and end of life support

**Option 3** befriending or  
volunteering to befriend.

**Option 4** welfare, advice, help  
completing forms.

**Option 5** dementia support .





## Our fantastic volunteers help us to deliver our services locally in important ways.

- Do you need **advice** information or support?
- Are you **lonely** or isolated and need someone to talk to?
- Could you help **support** those in later years in your area?

### Volunteers help us to:

- **Befriend people** - and brighten the week of someone in need with a phone call or visit
- **Listen to people** - when they need someone to talk to after a bereavement or at a difficult time.
- **Sit with people** - when they are facing the end of their life alone at home.
- **Advise people** - to help find solutions to the problems they face in life

### Apply to volunteer now

Visit [www.ageconcerncolchester.org.uk](http://www.ageconcerncolchester.org.uk) and choose the 'volunteer' button.