

Age UK Croydon: A Guide To Our Services



Information and Advice

We provide independent, impartial, and confidential information and advice in the community, over the phone, by email and online



Personal Independence Coordinators

We work in a person-centred way helping people identify their own goals to regain independence and live the life they want to live



Healthier Lifestyles

We provide regular exercise classes, health checks and wellbeing talks to enable older people to manage and improve their health



Activities and Events

We run regular activities and events for older people to socialise and have fun



Personal Safety and Falls Prevention

We reduce the risk of falls at home by arranging aids and home adaptations which build confidence and independence



Memory Tree Café

The Memory Tree Café provides a regular, safe environment for people living with dementia and their families and carers



Befriending

We promote independent living by arranging home visits and phone calls from volunteers



Volunteering

Our volunteers are integrated into the way we operate, with services relying on their support to provide a wider reach across the community

Take a look at our website, or get in touch for more information about any of our services and to see our activities calendar

020 8686 0066 / asc@ageukcroydon.org.uk / www.ageukcroydon.org.uk