

## AGE UK LEICESTER SHIRE & RUTLAND LAUNCHES NEW SERVICES IN CHARNWOOD!



### CAN YOU HELP YOUR COMMUNITY IN 2017?

**A £0.5m Big Lottery award has enabled Age UK Leicester Shire & Rutland to continue its health and wellbeing service in the Hinckley area and to extend it into Charnwood and North West Leicestershire.**

A new team has taken up residence in offices above the charity shop at **24 Biggin Street, Loughborough** to offer health & wellbeing activities, regular Information & Advice drop-ins and befriending to older people across the Charnwood area.

Anna Southam, Befriending Co-ordinator commented:

*“This project will provide much needed services to the older residents of Charnwood, their families and carers. It will help to improve the health & wellbeing of our over 50’s and reduce the loneliness and social isolation that can occur later in life. **We urgently need volunteer befrienders, male or female, so if you can make a cup of tea, offer a helping hand or a listening ear for an hour or two each week or fortnight we would love to hear from you.** If you’d like to volunteer to do some admin work or help to lead a social group we do need support across all areas of our project so do please get in touch.”*

**To find out more about volunteering with Age UK Leicester Shire & Rutland please contact the Charnwood office on 01509 260327**