

AGE UK MERTON

Ask Us Anything: Our Information & Advice Service

A confidential and independent information and advice service covering a wide variety of topics including care, pensions, welfare benefits, health, housing and much more.

Life After Stroke

We work with individuals who have had a stroke to enable them to recover to their full potential through a personalised plan.

In Control

A free, confidential and sensitive Continence Advice Service for anyone experiencing incontinence.

Happy & Active

For those over 75 with a long- term health condition. We will work with you to support you to get back to doing the things you love.

Befriending

We offer face to face or telephone befriending to Merton residents, especially people over 65 who are housebound and socially isolated.

Living Well

Provides support to people to help them stay independent at home and prevent re-admission to hospital. Ensuring their well-being, safety, social inclusion and nutritional dietary needs are being met.

We offer a range of affordable services for those over 50:

At Home with Age UK Merton

Helping with the little things that make a big difference. We provide practical help to enable people to feel comfortable, safe and secure at home. It is a flexible service which includes cleaning, shopping and other tasks in the home.

We also provide a short term respite/ sitting service for carers. We offer the carer quality time outside of their caring role to have space for themselves with peace of mind.

Handyperson

We can carry out minor repairs and odd jobs in and around the home such as replacing light bulbs, fixing a shelf, mending a cupboard door, painting and decorating, and much more. Unfortunately we are unable to help with major plumbing, major electrical work, gas work or any work carried out above step-ladder height.

Sole Mates

Sole Mates is an affordable foot care service run by Age UK Merton at the Cricket Green Medical Practice in Mitcham offering toe nail cutting and general foot care. Our fully qualified podiatrists are registered with the Health Professions Council and run in accordance with the Minimum Standards of Clinical Practice.

Love Later Life Activity Programme

Our Activity Centre in Mitcham offers a programme of social gatherings and regular weekly clubs such as craft, yoga, scrabble, tea dances and much more. We welcome people to come along and enjoy a sociable time with refreshments and a freshly cooked lunch. The centre is run by a friendly team of staff and volunteers who make sure that everyone has a good time.

Activities Out & About

Join us for our exciting and varied programme of walks, outings and theatre trips to places locally, in London and further afield.

Volunteering

Age UK Merton is a voluntary organisation, which can only run with the support of a hard-working and dedicated team of volunteers. Even if you only have a couple of hours to spare a week, you could make a real difference to the lives of older people in Merton.