

Making your life a greater life



### Supporting us

Wide variety of opportunities for volunteers. Contact us to get involved or to give a donation.

### How to contact us

Telephone: 020 8942 8256  
Email: [admin@staywellservices.org.uk](mailto:admin@staywellservices.org.uk)  
Web: [staywellservices.org.uk](http://staywellservices.org.uk)  
Raleigh House  
14 Nelson Road  
New Malden, KT3 5EA



### Stay in touch

Contact us to get a copy of our quarterly newspaper, *agenda news*.

services that change lives  
**staywell**

# Our services



70 years of experience

Quality award winning services

Supporting independent living

Supporting carers

Staywell is the new name for Age Concern Kingston upon Thames

Phone 020 8942 8256



## Supporting you at home

### Stay Well at Home

**FREE** Practical help during or after a period of ill health. Through home visits and telephone calls our team help you choose services to maintain your independence at home, including: shopping, confidence building, telephone befriending, housing choices and general support.

### Help@Home

Affordable help in and around the home from our friendly team. Our service is tailored to you and can include: cleaning, shopping and household tasks as well as companionship, conversation, outings and appointments.

### Handyperson

Help with small repairs and maintenance around the home and garden for a reasonable fee. We also provide help with computers and setting up TVs etc.

## Building-based services

### Raleigh House – New Malden

Newly refurbished to a high standard, Raleigh is a warm and vibrant centre and a great place to make new friends. Wide range of activities to suit all tastes. Lunch and refreshments every day. Hairdressing, podiatry, therapies, computer lessons and accessible shower facility available.

### The Bradbury – Kingston

An exciting and affordable range of social, wellbeing and learning activities in a modern and welcoming environment, just a few minutes' walk from Kingston town centre. Café serving snacks, lunches and homemade cakes. Regular outings and special events.

## Advice & Information

**FREE** Quality assured advice service covering a wide range of issues including: money, pensions and benefits, health and community care, housing, transport and support at home. Call the advice line Monday to Friday, 9.30am – 4.30pm 020 8408 8170.

## Fit as a Fiddle

**FREE** Six-week courses helping people lose weight, get fit and have fun through a range of activities and weight loss workshops, including: Nordic walking, Aquacise, Body Balance and chair based exercise.

## Dementia support

All our services are able to provide support to people living with dementia and their carers.

### Saturday Club – Dementia

This club is held on the second Saturday of the month at Raleigh House from 11am – 2pm, for those living with dementia and their families and supporters.

## Midweek lunch clubs

Lunch clubs are held weekly at Chessington and New Malden.

## Community Furniture

Quality used furniture and white goods for sale, available for collection or delivery throughout Surrey. Save unwanted furniture going to landfill and help support local low income families. Contact us for collection and recycling options: 020 8942 5500 [www.kingstoncommunityfurniture.org](http://www.kingstoncommunityfurniture.org).