



Emma & Kayley

Age Well East

formerly known as Age Concern
Colchester & North East Essex

- We believe everyone deserves to age well at any age
- It is our mission to support and empower people to live happier and healthier.





Services we offer

Community & Friendship

- Connect people to communities and groups
- Find a face2face volunteer friend near you
- Telephone or digital friendship
- Pen friending

With friendship it is possible to age well and stop loneliness

Advice and support

- Advise and share information about housing, pensions, fraud and council tax
- Practical support with blue badge applications, benefits and care needs
- Sign post to trusted organisations and partners
- Mental wellbeing support

We understand the welfare system and the challenges vulnerable people face



End of Life and Bereavement Support

- Support during emotional challenges such as loss or serious illness
- End of life companionship
- Practical help and information
- Special friendship groups for those experiencing emotional challenges

We believe that no one should have to live life alone

Dementia

- Specialist support for those living with or caring for someone with dementia
- Dementia friendly groups & activities
- Dementia awareness training
- Advice and information
- Robo pets

With support and knowledge we want to help people understand more about the condition



Helpdesk and information

- Access to information such as local suppliers (gardeners, cleaners, plumbers etc)
- Friendly advisors that offer a wealth of knowledge and can help answer or signpost to relevant resources
- Timely responses

We work closely together to find solutions



We do all of this to achieve our mission of supporting and empowering individuals to become happier and healthier.

In 2021 we have empowered...

3,200

people

26,000

hours of friendship

426

groups and activities

Do you know of someone who...

- Might benefit from a club or group
- Would like someone to talk to
- Is struggling financially
- Could use some advice

Do you or someone you know have time to volunteer?

We have a number of roles for people and know the difference it makes to people's lives and the communities they live in

Tell them about us, together we are making a difference!

0300 37 33 333



Age Well East

We support and empower people to live happier and healthier.

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