

Community services for people over 50

December 2009


Helping you stay independent,
active and healthy



50  **plus**
Nottinghamshire

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This leaflet describes a range of services that help people over 50 stay safe and independent in their own home. It also gives details of how to contact the services.

At the moment not all of these services are available across the whole county.

For more information about these and many other services, groups and activities in your area visit the Notts50plus website: **www.notts50plus.co.uk**

The Notts50plus banner covers the older people, carers and organisations who have worked together to develop and fund these services.

See pages 14-15 for the list of current funders and providers.

First Contact Signposting Scheme



One simple checklist helps people aged 60 or over to access services to stay safe and independent in their own homes.

It saves you contacting lots of different organisations (e.g. Fire Service, Pension Service, Crime Reduction) to find out what they offer – the services come to you!

Area covered: County of Nottinghamshire

Contact: Nottinghamshire County Council Customer Service Centre tel: **08449 80 80 80**



Notts50Plus Website

A one-stop information point for services, activities and organisations available to over 50s across Nottinghamshire.

Whether you want to join a local rambling group, find out what benefits you may be entitled to, or do some volunteering work, you can find it all here. From local community groups to countywide services, Notts50Plus has the information.

Area covered: County of Nottinghamshire

Contact: www.notts50plus.co.uk

Buy With Confidence



This scheme provides a list of businesses and tradespeople who have been thoroughly checked by Trading Standards. You can feel confident those included are trustworthy and comply with consumer protection laws.



Area covered: County of Nottinghamshire

Contact: Consumer Direct tel: **0845 404 0506** or visit the website at www.buywithconfidence.gov.uk

Everyday Living Equipment

This scheme can provide you with small items of equipment free of charge that can make everyday tasks easier. Things like easy grip cutlery, a kettle tipper, or a tap turner can help you to be more independent at home.

Area covered: County of Nottinghamshire

Contact: Nottinghamshire County Council
tel: **01623 434 457**

email: equipment@nottsc.gov.uk



IT Champions

If you want to learn how to email friends or upload your photos, the IT Champions scheme could help. Or maybe you want to be the one to help people learn how to surf the net or book holidays online? IT Champions are people aged over 50 who can pass their computer skills on to others. The scheme offers training and support to people with existing computer skills and also support to others wishing to learn new skills.

Area covered: County of Nottinghamshire

Contact: Jane Jackman, Rural Community Action Nottinghamshire

tel: **01623 727 600**

email: **JJackman@rcan.org.uk**



Activity Friends

If you are over 50 and would like to become more active and enjoy a healthier lifestyle, an Activity Friend could help you. Activity Friends offer support and encouragement, either on a one-to-one basis or in a group, to help you to take part in whatever you'd like to try. Everyone is encouraged to take part – whether you need support or want to volunteer to be an activity friend.



Area covered: County of Nottinghamshire

Contacts

- **Ashfield:** Our Centre tel: **01623 753 192**
- **Bassetlaw:** Rural Bassetlaw Befriending tel: **01777 871 482** (Mon-Wed) or Rural Community Action Nottinghamshire tel: **01623 727 600**
- **Broxtowe:** The Helpful Bureau tel: **0115 949 1175**
- **Gedling:** Gedling Borough Council tel: **0115 901 3901**
- **Mansfield:** Jigsaw tel: **01623 662 200**
- **Newark & Sherwood:** Care & Comfort Community Services tel: **01623 882 562** or **01623 863 034**
- **Rushcliffe:** Rushcliffe CVS tel: **0115 9816 988**

Senior Forums

Would you like to be more involved in how, where and when services and opportunities for older people are provided? Nottinghamshire's 50+ Forums are an opportunity for local people aged over 50 to work in partnership with statutory, voluntary and community organisations to develop and improve public services.

Area covered: County of Nottinghamshire.

Contacts:

Ashfield:

- Hucknall Senior Forum, Melanie Jackson, Ashfield District Council
tel: **01623 457 092**
email: m.jackson@ashfield-dc.gov.uk
- Kirkby Senior Forum, Melanie Jackson, Ashfield District Council
tel: **01623 457 092**
email: m.jackson@ashfield-dc.gov.uk
- Selston Parish Experience Group, Melanie Jackson, Ashfield District Council
tel: **01623 457 092**
email: m.jackson@ashfield-dc.gov.uk
- Sutton Seniors 50+ Forum, Melanie Jackson, Ashfield District Council
tel: **01623 457 092**
email: m.jackson@ashfield-dc.gov.uk

Bassetlaw:

- Bassetlaw 50+ Forum, Isabella Bicker
tel: **01909 489 377**

Gedling:

- Arnold Golden Eagles, Mr Alan Langton
tel: **0115 926 9090**
email: a.langton18@btinternet.com



Community Outreach Advisor Scheme

If you are isolated or socially excluded, a Community Outreach Advisor can contact you and offer advice. The advisors will provide you with information and encouragement to use the services and opportunities available in Nottinghamshire.

Area covered: County of Nottinghamshire

Mansfield:

- Mansfield Wise Owls 50+ Forum, Isabella Vint
tel: **01623 649 594**

Newark & Sherwood:

- Newark and Sherwood Evergreens Over 50's Forum, Val Gardiner
tel: **01636 613 693**
email: vgardiner@nandscus.org

Rushcliffe:

- Rushcliffe 50+ Forum, Alan Wain
email: a-j-b-wain@talktalk.net
post: c/o Rushcliffe CVS,
Bridgford Road, West Bridgford.
NG2 6AT

Contacts:

- **Ashfield:** Age Concern Nottingham and Notts
tel: **0115 919 4879**
- **Bassetlaw:** Retford Action Centre
tel: **01777 709 650**
email: outreach@retfordactioncentre.org.uk
- **Broxtowe:** The Helpful Bureau
tel: **0115 949 1175**
- **Gedling:** Age Concern Nottingham and Notts
tel: **0115 919 4879**
- **Mansfield:** Mansfield CVS
tel: **01623 651 177**
- **Newark & Sherwood:** Care and Comfort Community Services
tel: **01623 863 034**
- **Rushcliffe:** Ruschcliffe CVS
tel: **0115 981 6988**

Preventative Adaptation Service

If you are an older person needing a minor adaptation in your home, the Preventative Adaptation Service could provide this, whether you are a home-owner, tenant or leaseholder. There is a small charge for work carried out, and age limits may vary in different districts.



Area covered: County of Nottinghamshire excluding Newark and Sherwood

Contacts

- **Ashfield:** 01623 434 457
- **Bassetlaw:** 01909 535 128
- **Broxtowe:** 0115 988 7209
- **Gedling:** 0115 988 7209
- **Mansfield:** 01623 434 457
- **Rushcliffe:** 0115 988 7209

Handyperson Schemes

Do you sometimes need help with odd jobs around the home such as fitting curtains, decorating, putting up shelves, changing lightbulbs and fixing leaky taps?

Handyperson schemes arrange for reputable and reliable tradespeople to carry out these repairs for a small charge.

Area covered: County of Nottinghamshire.



Contacts

■ Ashfield:

Ashfield Handyperson Scheme

tel: **01623 434 457**

email:

equipment@nottsc.gov.uk

Ashfield Environmental Project

tel: **01623 553 558**

■ Bassetlaw:

Do You Need A Hand

tel: **01246 241 139**

email:

partnershipofficer@bcvs.org.uk

■ Broxtowe, Gedling, Rushcliffe:

South Nottinghamshire Home

Improvement Agency

tel: **0115 977 5330**

■ Newark & Sherwood:

Staying Put Agency (Newark &

Sherwood District Council)

tel: **01636 655 636**

email: **stayingput@nsdc.info**

■ Mansfield:

Mansfield Handyperson Scheme

tel: **01623 434 457**

email:

equipment@nottsc.gov.uk

Gardening Schemes

If you need help in the garden, these schemes can carry out basic gardening jobs for older

people including weeding, lawn mowing, hedge trimming and general maintenance. The cost of the work is subsidised so you won't have to pay the full price.



Area covered:

Selected districts

Contacts

- **Ashfield:** Ashfield Environmental Project
tel: **01623 553 558**
- **Bassetlaw:** Do You Need A Hand Gardening Scheme
tel: **01909 478 913**

- **Broxtowe:** The Helpful Bureau Gardening Scheme
tel: **0115 949 1175**
- **Mansfield:** Golden Gardening (Brook Farm - Nottinghamshire County Council)
tel: **0115 963 2638**
- **Newark & Sherwood:** Collingham Advice Centre Gardening Service
tel: **01636 893 241**

Ashfield and Mansfield Shopping Scheme

If you need practical help with shopping, this service, run by volunteers, could help. You can get help with shopping trips, or to arrange deliveries, or a volunteer can do your shopping on your behalf. The scheme also provides information on healthy eating, local goods and services and general well-being.

Resource Centres

Are you over 50 and looking for somewhere to find out about what's going on in your area, in a relaxed environment where you can meet up with friends? Resource Centres offer an opportunity for older people to drop in, find out about services in the area, meet up with friends for a chat and refreshments, and take part in a variety of activities.

Area covered:
Selected districts

Contacts

■ **Ashfield:**
Lovin' Life Resource Centre
tel: **01623 753 192**

■ **Bassetlaw:** Retford's
Resource for Older People
tel: **01777 709 650**
email: **olderpeople@retfordactioncentre.org.uk**



■ **Broxtowe:**
60 in South Broxtowe
tel: **0115 949 1175**

■ **Mansfield:** Forest Town
Friends Resource Centre
tel: **01623 422 161**



Area covered: Ashfield and Mansfield

Contact: Lisa Turner, Age Concern
Nottingham and Nottinghamshire

tel: **01623 488218**
email: **shoppingservice@ageconcernnotts.org.uk**

Funding partners

The **funding partners** for the Linkage project are:

- Ashfield District Council
- Bassetlaw District Council
- Bassetlaw PCT
- Broxtowe Borough Council
- Communities and Local Government Department
- Gedling District Council
- Mansfield District Council
- Newark District Council
- Nottinghamshire County Council
- Nottinghamshire Fire and Rescue
- Nottinghamshire NHS Trust
- Nottinghamshire Police Service
- Nottinghamshire Supporting People
- Pension Service
- Rushcliffe Borough Council

Provider partners

The **provider partners** are:

- 60 in South Broxtowe
- A1 Housing, Bassetlaw
- Age Concern Nottingham and Nottinghamshire
- Arnold Golden Eagles
- Ashfield Environmental Project
- Ashfield Links Forum
- Bassetlaw 50plus Forum
- Care and Comfort Community Service
- Collingham Advice Centre
- DYNAH Bassetlaw
- Forest Town Friends Resource Centre
- Golden Gardening
- Hucknall Seniors Forum
- Jigsaw Mansfield
- Kirkby Seniors Forums
- Mansfield Council of Voluntary Services
- Mansfield Wise Owls
- Newark and Sherwood Evergreens
- Newark CVS
- Nottinghamshire Rural Community Action
- Nottinghamshire Welfare Rights Service
- Our Centre Ashfield
- Retford Action Centre
- Retford Resource Centre
- Rushcliffe 50plus Forum
- Rushcliffe Council of Voluntary Services
- Rural Bassetlaw Befriending
- Selston Parish Experience
- South Nottinghamshire Home Improvement Agency
- Staying Put Newark and Sherwood
- Sutton Seniors
- The Helpful Bureau Broxtowe

Urdu

آپ اس اشاعت کو کسی اور صورت میں "پاؤں کا اردو"
ترجمہ یا جے ہیں تو براہ مہربانی کسٹمر سروس سینٹر
سے رابطہ کیجئے۔

Hindi

यदि आपको यह प्रकाशन किसी दूसरी फॉर्मेट या
हिन्दी भाषा में चाहिए तो कृपया आप कस्टमर
सर्विस सेंटर को सम्पर्क करें।

Punjabi

ਜੇਕਰ ਟਿਹ ਪ੍ਰਕਾਸ਼ਨ ਦੁਹਾਨੂੰ ਕਿਸੀ ਦੁਸਰੀ
ਫੋਰਮੈਟ ਜਾ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦਾ ਹੈ ਤਾਂ
ਤੁਸੀਂ ਕਸਟਮਰ ਸਰਵਿਸ ਸੈਂਟਰ ਨੂੰ ਸੰਪਰਕ ਕਰੋ

Polish

Proszę o kontakt z Customer
Service Centre jeżeli chcieliby
Państwo uzyskać tą publikację w
innym formacie lub po polsku.

Contact the Customer Service Centre if you need
the information in a different language or format:

Customer Service Centre, PO Box 9320,
Nottingham. NG15 5BL

phone **08449 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

e-mail **enquiries@nottsc.gov.uk**

website **www.nottinghamshire.gov.uk**



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