

Stepping Stones

It's good to get out and about



“It has made me feel I could still do things and enjoy myself.”

Your local charity for older people

Stepping Stones

It's good to get out and about



What is Stepping Stones

A short term service for older people following a time of transition or change to help get out and about again

Why choose us?

- ✓ Fully trained volunteers
- ✓ Individual approach to need
- ✓ All volunteers undergo a DBS check
- ✓ Quality assured

What we offer

- ✓ Support to start getting out and about again to join in groups, activities and make new friends
- ✓ Encouragement to take part in community life
- ✓ Short term support through a difficult period
- ✓ Help to regain independence

How to get support

- ✓ Referral for Stepping Stones can be made by any one by calling the number below

"I was lost when my wife passed away but Age UK have been a godsend."



For more information contact:

Age UK Blackburn with Darwen
4 King Street
Blackburn
BB2 2DH

Tel: 01254 266620

Email: enquiries@ageukbwd.org.uk

Website: www.ageukbwd.org.uk



We are always in need of donations to support our local work