



We can arrange a free visit from the Fire Brigade to
make sure your home is fire safe.

Free smoke alarms, specialist advice and support.

Don't hesitate, these visits save lives!

Call 01805 622666 to register.



Befriending



Supporting the health and wellbeing of older people in Torrridge and North Devon

It's good to talk!

Our volunteers are fully trained and DBS checked. They can visit you in your home on a regular basis, for a chat and a some company.

Call 01805 622666 to find out more...

New volunteers always welcome



TorrAGE – Ageing Well. Torrington Community Hospital, Calf Street, Torrington, EX38 7BJ Tel: 01805 622666.
Funded by the Big Lottery
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Help at Home

Supporting the health and wellbeing of older people in Torridge and North Devon

Help At Home offers:

- ◆ Cleaning
- ◆ Laundry
- ◆ Shopping
- ◆ Light meals
- ◆ Help with paperwork



Call 01805 938537 for further information





Activities

Supporting the health and wellbeing of older people in Torrridge and North Devon

Ageing Well offers a range of gentle exercise classes and social groups.

Tai Chi, Singing for Health, Bideford Friends, Fish and Chip Club,

Seated Exercise for Over 60s ,

Fitness with Friends and Sew Together

IT and Tablet Tuition classes are also available.

For full details of classes in your area, please look out for our leaflet or call the office

01805 622666