

## Services

Are you over 60 and wanting to get

out more and have fun?

Armley helping Hands is a Registered Charity working in the Armley and Wortley District Of Leeds 12. We have a large team of volunteers and staff offering a Friendly, supportive environment to assist you in maintaining your independence, improve quality of life and reduce social isolation by getting you involved in the local community and helping you access services.

Armley helping Hands key aims and objectives are to support older people to achieve the following outcomes :-

Promote Independence

Promote Health and Well-being

Health Promotion and Active Living

Mental Stimulation

Community Partnership

Recreation time

Access to Education

Improve the quality of Live.

Give older people a voice in their community

Community Partnership

Information and Benefit Advice

Advocacy and Support Service

Volunteer and Transport Scheme

Social and Leisure Activities

Day Trips and Holidays

Luncheon Clubs and Coffee Mornings Exercise Classes

Shopping Service & Assisted Shopping Service

Community Safety

Community Representation

Carers Support Service

Assistance to access other Local Community Services



