

## How Can You Help To Support Age Connects Torfaen?

### Join Us And Make A Difference

#### Volunteering

Age Connects Torfaen rely on our amazing volunteers without whom our wide range of service would not be possible.

Do you have some spare time during the week and would like to share your skills and experience? Contact us for an informal chat regarding our current opportunities.

Training and ongoing support is provided, as well as 'out of pocket' expenses.

#### Donations

To continue our work throughout Torfaen, donations are a vital lifeline. However much you can give, be it a single donation or a regular payment you can be assured that it will be used for the benefits of older people within Torfaen

Donating can be easy.

- You can donate on line using the donate button
- Cheques can be made payable to Age Connects Torfaen. Please send to: Chief Executive, Widdershins Centre, East Avenue, Sebastopol, Torfaen, NP4 5AB

**Thank you for taking the time to read our brochure, we hope that you find it useful. If you require further information, please do not hesitate to contact us.**

Age Connects Torfaen  
Widdershins Centre  
East Avenue  
Sebastopol, Torfaen  
NP4 5AB

Email: [widdershins@ageconnectstorfaen.org](mailto:widdershins@ageconnectstorfaen.org)  
Website: [www.ageconnectstorfaen.org](http://www.ageconnectstorfaen.org)  
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Independent • Local • Listening

## Information Pack

- Strong History
- Bright Future

Information Pack



Charity No: 1172466

## Information Pack

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## Who Are Age Connects Torfaen?

Age Connects Torfaen is a local independent charity working with and for all older people living in Torfaen.

Our experience of working with people dates from 1989. We work to ensure that older people remain in good mental and physical health as well as maintaining their independence, for as long as possible.

We endeavour to promote the contributions made by older people to society.

Our Vision is "To Enhance The Quality Of Life For Older People, By Adding Life To Years."

### **Welcome To Widdershins - An Exciting Ageing Well Resource Centre**

Widdershins, ideally located in the centre of Torfaen, Sebastopol, we provide a range of services, activities, facilities to enable older people to live more independent and active lives.

Our office is open to the public from 9am to 4pm Monday to Friday and our telephone number is 01495 769264. Free Wi-Fi is available.

Within Widdershins, you will find a warm and welcoming Bistro. Our Bistro is the perfect place to enjoy a cooked breakfast, a light bite, hearty main meal or afternoon tea. Our Catering Team offers a business and private catering services, having a passion for delivering a quality service, preparing freshly made hot and cold menus at a realistic price.

The Widdershins Centre is a perfect venue for small conference, meetings and training events.

### **How To Access Widdershins**

Our Widdershins Centre has onsite parking, full disabled access and is on the main x24 bus route.

Age Connects Torfaen has a disabled access vehicle that can be booked to access any of our services, events or take you to and from our Widdershins Centre.

### **Age Connects Wales**

Age Connects Torfaen is a member of Age Connects Wales, a charity that exists to change attitudes to ageing and thereby improve people's lives.