

Making the most of your golden years

With the spring sunshine and the promise of a real summer for the first time in a couple of years on the horizon do your thoughts turn to a relaxing break to make the most of it? Age Concern Bath and North East Somerset is now offering an exciting range of escorted holidays in association with Grand UK Holidays.

You could spend five days in July taking in the Cambrian Mountains and coast in the heart of Wales or perhaps eight August days on the edge of the South Downs visiting medieval Rye and the cosmopolitan city of Brighton. Both holidays include the services of a tour manager, full board and all excursions.

To ensure you can leave your worries at home, it is now more important than ever that you are protected by travel insurance that covers your needs. This is why travel insurance is a condition of booking on all Age Concern holidays. Age Concern recommend you arrange your travel insurance as soon as your holiday is booked to ensure that you are covered immediately, should you need to change your plans. Age Concern Travel Insurance has no upper age limit and covers medical conditions wherever

Advertisement feature

possible.

For further details on Age Concern holidays and/or travel insurance call 01225 443279 and you could be looking forward to that summer getaway.

Back at home ensuring we have a balanced diet is important in order to keep us feeling healthy, especially as we get older. But sometimes it can be difficult to get to the shops and create yummy dishes ourselves.

Offering tasty, wholesome frozen meals and desserts brimming with traditional flavours, Wiltshire Farm Foods deliver straight to your door, priding itself on its personal and reliable service.

The team has built a reputation based on three principles – care, trust and quality – and from the moment you place an order on the advanced and easy-to-use website and receive a delivery from the helpful drivers or tuck into a piping hot dinner, you'll wonder how you ever did without them.

Wiltshire Farm Foods'

extensive menu has something for everyone and includes more than 175 dishes. Meals are very easy and quick to prepare arriving frozen, in sturdy plastic trays, ready to put in the freezer. When you fancy something to eat, it couldn't be easier, you simply heat your meal from frozen in a matter of minutes and enjoy.

Wherever you live, meals are delivered free by a friendly, caring driver. Delivery is direct to your door and if you wish the drivers will even pop the meals in the freezer for you.

As we get older many of us find we need help around the house. Way Ahead is a family run business that has been providing Home Care for the past 15 years, initially in Somerset and more recently in Bath and North East Somerset.

During that time the team has gained a reputation for providing quality care for people with a range of disabilities and age-related dependencies.

Their mission statement of Individual Care for Individual People has been the overriding ethos of their provision and staff are trained to support each service user to be as independent as they are able and to achieve the best quality of life that is available to them.

Having their own accredited training company, Step Ahead, has been one of the main reasons Way Ahead are able to have highly trained staff available at all times.

Staff have a thorough induction training and continued professional development throughout their employment with Way Ahead and are expected to expand their knowledge and progress in their career development.

This training underpins Way Ahead's commitment to quality care and gives assurance to clients that they will have trained and reliable staff at all times. Call Gaynor Green on 01225 789161.



It is now more important than ever that you are protected by travel insurance that covers all your needs

People over 50 trust Age Concern products & services

Home Insurance

Car Insurance & Breakdown

Travel Insurance

Funeral Planning

Gas & Electricity Supplies

For more information, visit us at:

Age Concern Bath & NE Somerset

18 Kingsmead Square, Bath, BA1 2AE

Tel: 01225 443279

Open: Mon to Thur 9.30am - 4.30pm, Fri 9.30am - 12.30

0800 085 3741

Please quote ref: ALL700

AGE Concern

Any Age Concern detailed above is a registered charity.

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Caring for you, while in the comfort of your own home

Way Ahead is a family run business providing care & support in the local community since 1994.



WAY AHEAD

Individual Care for Individual People

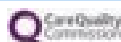
- Personal Care
- Domestic Services
- Assisting with Health Requirements
- Live In or Night Care Services

- Meal & Dietary Arrangements
- Shopping Services
- Sitting Service
- Operating throughout Bath & North East Somerset

www.wayaheadcare.co.uk

Chameleon Court, Lower Bristol Road, Bath, BA2 9ES Tel - 01225 789161

Way Ahead is a Strategic Partner for both Somerset and Bath & North East Somerset Local Authorities



Way Ahead Community Services Ltd is registered with the Care Quality Commission - www.cqc.org.uk



Wiltshire Farm Foods
where people care about food – and you

Chicken Breast in Cheese & Bacon Sauce

“Enjoy succulent chicken smothered in my tasty cheesy sauce!”
Shiva Osborne Chef



Luxury Treacle Tarte



“We deliver to your door for FREE, wherever you live!”

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