

Everything you need to
know about **Touchstone's**

Sikh Elders Service



inspiring communities. transforming lives



- The Sikh Elders Service supports older Sikh and South Asian people.
- We provide healthy and fun activities to increase independence and reduce isolation.
- We want to ensure that you, as an older Black, Asian & Minority Ethnic person, can get all of the different benefits, health care and other services that you are entitled to.
- We want to make sure that you don't miss out because of language and cultural differences.
- All of the staff who work at the service are Punjabi. We understand the language, culture and the Sikh faith.



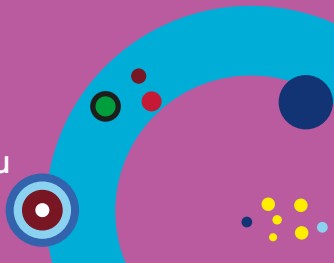
We want to ensure that you, as an older BME person, can get all of the different benefits, health care and other services that you are entitled to.

We want to make sure that you don't miss out because of language and cultural differences.

All of the staff who work on the project are Punjabi. We understand the language, culture and the Sikh faith.

What do we do?

- Give you information and advice.
- Organise a befriender.
- Help you get aids and adaptations to your home.
- Help you get the benefits you are entitled to.
- Exercise classes such as yoga and swimming.
- Social activities.
- Art and computer classes.
- Activities and outings.
- Visit you in your home.
- When we can't help - we can put you in touch with someone who can.



To get support from the Sikh Elders Service

Telephone us:

0113 271 8277 (main office number)

0113 216 3143 (Punjabi line)

- We will help you complete an application form.
- We will meet you.
- We will carry out an assessment of your needs.
- We will tell you what we can do for you.
- Information about you will be kept confidential.

Get involved

Become a volunteer:

- We need volunteers to help us run the Sikh Elders Service.
- You don't need any qualifications or experience.
- There is no age limit.
- Volunteering (seva) can be very rewarding.
- We pay your expenses.
- Please telephone us to find out more.

55+

To benefit from the
service you must be

aged 55+

living in Leeds

Most people are Sikh
but everyone is welcome

Get in Touch

Sikh Elders Service
Touchstone
2-4 Middleton Crescent
Leeds
LS11 6JU

Tel: 0113 271 8277

0113 216 3143 (Punjabi line)

Email: sikhelders@touchstonesupport.org.uk

Website: www.touchstonesupport.org.uk

