

If you need support and  
guidance



**Help Team**

Information and guidance about a  
range of issues for older people and  
those around them

**01452 422660**

If you'd like a friendly  
conversation



**Friendship Line**

A **Free** phone line for older people  
who would like a listening ear and a  
friendly chat

**0800 2980579**

Lines are open Monday to Friday 9am - 4pm



**Help Team 01452 422660**

How to have your shopping delivered and getting prescriptions

Support if you have recently been discharged from hospital

How to access social care

**We can provide guidance with:**

Accessing personal care, such as dental treatment, nail cutting etc

Emergencies such as a broken boiler

Benefit claims

**Calls are FREE**

**Friendship Line 0800 2980579**

*"thank you for being there, it's very reassuring because I live alone. I enjoyed the chat and it brightened my day to hear a friendly voice. It's good to know I can call again as these chats will really lift my spirits"*

Jean (aged 78), Gloucester



If you are online, join our **Facebook** Group, **Gloucester Springboard**, to meet new friends, share information and join in activities together



[www.ageuk.org.uk/gloucestershire](http://www.ageuk.org.uk/gloucestershire)

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