



## **ARE YOU AN OLDER PERSON IN NEED OF ADVICE OR SUPPORT? WE CAN HELP**

**If you need some advice or support we can help with things like:**

**Shopping deliveries**

**Getting you urgent supplies**

**Posting mail**

**Giving you a friendly phone call**

**Simply call us on 01274 391190, text us on 07471 227907  
or email us at [info@ageukbd.org.uk](mailto:info@ageukbd.org.uk)**

**We will get back in touch as soon as possible to provide you with the help  
that you need.**

**Please remember that the Coronavirus is contagious and take all precautions  
you can, especially:**

**Washing your hands with soap and water often – do this for at least 20  
seconds**

**Using hand sanitiser gel if soap and water aren't available**

**Covering your mouth and nose with a tissue or your sleeve (not your hands)  
when you cough or sneeze**

**Putting used tissues in the bin immediately and washing your hands  
afterwards**