

What is our wellbeing service

If you are feeling lonely, isolated, anxious or worried our wellbeing service can help you.

Age UK County Durham can offer you a regular telephone call; have a chat about things that are important to you, share your concerns and help you back to feeling less lonely or anxious.

We can help you access groups, activities, advice and information, meet new people and share similar interests.

This is a free service for as long as you need it, you can stop the service whenever you choose.

If you would like to find out more, give us a call and speak to one of our welfare workers.

Call us today
Gay on 0191 374 6576
or Sonia on 0191 374 6567

