



# Our Help Team

Our experienced and friendly Help Team offers a range of information, advice and guidance about all aspects of later life, including:

- A free benefits check and support to make selected applications
- Advice on housing options and signposting to relevant organisations
- Help to navigate the social care system
- Guidance on getting your affairs in order
- Information about ways to connect socially in your community

## Contact our Help Team

Call: **01452 422660**.

Lines are open Monday to Friday, 9am to 5pm. Leave us a message and we'll call you back during the same hours.

Email: [helpteam@ageukgloucestershire.org.uk](mailto:helpteam@ageukgloucestershire.org.uk)

Visit: [ageuk.org.uk/gloucestershire/HelpTeam](https://ageuk.org.uk/gloucestershire/HelpTeam)

