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| Self-isolation support    Age UK Tameside is offering support to older people to self-isolate, by delivering free essential groceries each week, offering advice about how to self-isolate safely and provide befriending telephone support.  If you or someone you know needs help to self-isolate, please speak to a member of our team. | Free Essential Grocery bags delivered to your door────Telephone befriending support whilst you isolate────Advice about self-isolating safely────Give us a call on 0161 308 5000Age Uk Tameside 131 Katherine Street  Ashton Under Lyne OL6 7AH  This offer is for a limited time only from 10:09:21 to 17:12:21 |