



Tackling loneliness and isolation for older people in Scotland



It all starts with a phone call

0800 12 44 222

Monday to Friday 9am – 5pm

Tackling loneliness and isolation

Our mission is to create a world where everyone can love later life.

As people get older, it can become harder to maintain social connections. Retirement, bereavement, children moving out of the family home, or moving somewhere new can leave people feeling lonely and isolated.

We work to tackle loneliness and isolation by connecting older people with new friends, groups and activities which interest them in their area.

Our free service

The Age Scotland Community Connecting Service will help you to make contact with community services that offer friendship, social activities, health and fitness groups and events.

Our friendly volunteers will get in touch and talk to you about your interests, provide you with information about what is available and contact details. If required and where possible, we will identify community transport options in your area.

Our volunteers will keep in touch with calls of encouragement and friendship should you need some extra support. They will provide you with an opportunity to discuss any other services available and where relevant, make contact with local services on your behalf.

Call us now on **0800 12 44 222** for a chat and to find out more.



Improving the lives of older people

My life had been turned upside down due to my husband's death and since then, I had felt desperate and wanted to find a way to cope with the loneliness. I had never called a helpline before, but I wanted any thread of support I could find. When I finally plucked up the courage to call, I spoke to an advisor in the Helpline who suggested the Community Connecting Service.

A member of the Community Connecting team got in touch with me to discuss what I was looking for in my local area. I had always wanted to find a computer class, but I just wanted a means of getting out and meeting other people. Within a week, they got back to me with local computer classes and lunch clubs. I didn't know any of this was happening in my area!

The Community Connecting Service has made a huge difference to my day-to-day life.

Muriel from South Lanarkshire

Fire Service Home Safety Check

As part of their commitment to building a safer Scotland the Scottish Fire and Rescue Service offer everyone in Scotland a free home fire safety visit. They can also fit smoke alarms free of charge if your home requires them.

If you would like a home safety check from the Fire Service, just call the **Age Scotland Helpline on 0800 12 44 222** and we can arrange it for you.





In your area

The Age Scotland Community Connecting service aims to tackle social isolation and loneliness across Scotland by ensuring that details of groups and activities available locally can be easily accessed.

You can request a useful local guide by contacting the Age Scotland Helpline on **0800 12 44 222**

If you're part of an organisation and would like us to refer potential new members to your group or service, please get in touch with us on **helpline@agescotland.org.uk**

It all starts with a free phone call. We'd love to speak with you.

0800 12 44 222

Age Scotland, a registered charity and company limited by guarantee, is part of the Age Network, dedicated to improving the later lives of everyone on the ageing journey. Registration Number: 153343, Charity Number: SC010100, Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.

