



Here for friendship

Age UK's Telephone Friendship Service gives people over 60 the opportunity to have a regular chat on the phone. **If you'd like to make a new friend, we're here to make it happen.**



There's nothing like a good catch up with a friend

If you or someone you know is missing the joys of regular conversation, Age UK's Telephone Friendship Service can help.

We match over-60s with a friendly volunteer for a weekly

chat over the phone, all from the comfort of their own home.

Our free service has helped create hundreds of new friendships, and many people tell us their calls are the highlight of their week.



“When you're old, it feels like people don't want to know you, almost as if you're a burden. It's an awful feeling. It's lonely, but the calls with my telephone friend Becky make me feel wanted and that somebody's interested in me.”

Beryl, 83, who uses our Telephone Friendship Service

You don't need to live alone or be feeling lonely to use our service (though if you are, we'd like to help).

Sometimes it's just nice to talk.

How our Telephone Friendship Service works

Once you tell us you'd like a telephone friend to chat with on a weekly basis, we'll get started with finding the right person to match you with.

All of our telephone friends are carefully vetted during their application process, and they're excited to make a new friend of their own.

Once we've found the right person for you, you'll start having weekly calls. Calls won't cost you anything, and you'll never have to give out your phone number to your telephone friend - we'll take care of everything.

To sign up, you need to:

- be over 60
- have your own landline or mobile phone
- be able to communicate over the phone
- commit to a regular call at the same time each week.

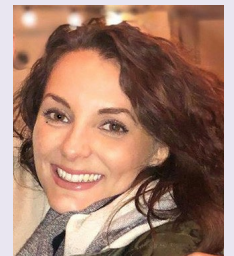
Our Telephone Friendship Service may not be suitable for people with memory loss, hearing loss, dementia or mental health issues who need a higher level of support.

If this applies to you or someone you know, we'll be happy to try to help you find a local service which may be able to support you better.

“Age is irrelevant when it comes to friendship. It's nice to have someone that you talk to regularly about all the different things going on in life. Thank you for choosing me to be your friend - here's to many more

years of chatting!”

Rebecca, who volunteers as a telephone friend



Start a new friendship today at ageuk.org.uk/friend



**Call us today to start a new friendship
0800 434 6105**

Get in touch

Fancy a regular chat?

We're waiting to hear from you

ageuk.org.uk/friend

0800 434 6105



Other services you might find useful

Age UK Advice Line

The Age UK Advice Line is a free, confidential national phone service, helping you get reliable, up-to-date information and advice on everything from benefits to bereavement.

0800 169 65 65

(8am-7pm,
365 days a year).

Your local Age UK

Local Age UKs offer services and support in the community. There are more than 120 local Age UKs across England, as well as Age Scotland, Age NI and Age Cymru.

To find your local Age UK, visit ageuk.org.uk/inyourarea

The Silver Line Helpline

The Silver Line Helpline is a free, confidential helpline for older people, available 24 hours a day, 365 days a year. If you need to talk, we're listening.

Please call us on **0800 4 70 80 90**