



Here to help

Age UK is the leading charity for older people. From expert advice and friendship, to local support and activities, **we're here when we're needed most.**



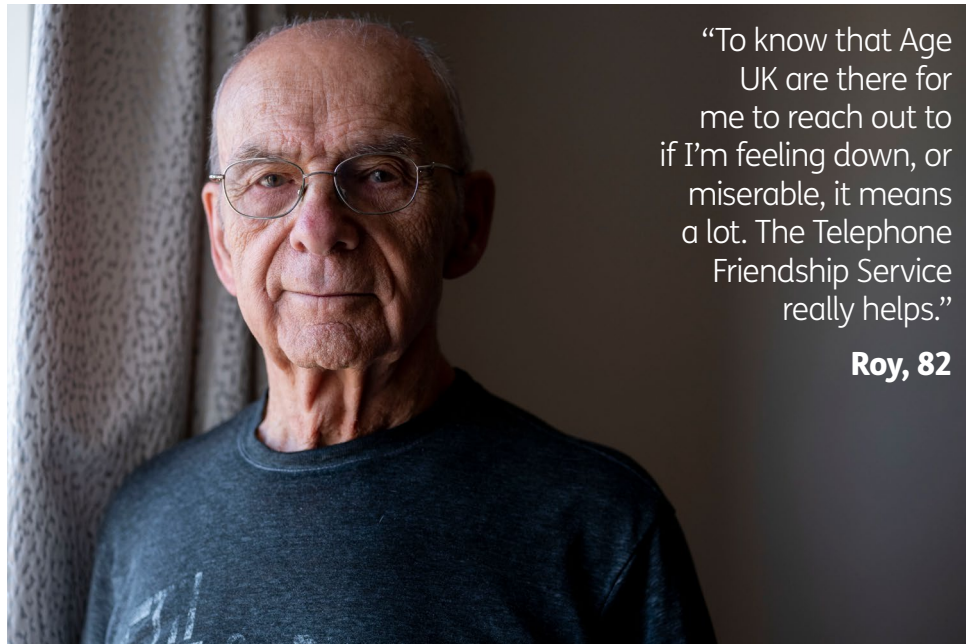
Services and support for whatever later life brings

Getting older can come with its challenges. If you ever need some help, Age UK is here.

We're the UK's leading charity for older people. We provide support over the phone - like the Age UK Advice Line, our Telephone Friendship Service, and the Silver

Line Helpline. Our network of local Age UKs also provide services for communities across the UK.

So whether someone's feeling lonely and needs a friend, is looking for a local exercise class, or is in need of some expert advice and guidance, we're here to help.



“To know that Age UK are there for me to reach out to if I'm feeling down, or miserable, it means a lot. The Telephone Friendship Service really helps.”

Roy, 82

How we can help

Information and advice

A lot can change as we get older. That's why it's good to know there's expert information and advice available whenever you need it. Through our Age UK Advice Line, free publications and website we'll help make sure you have access to accurate, impartial information and advice on topics including care, money, benefits, legal issues, housing, health and more.

Friendship services

We all need someone to talk to from time to time. Our Telephone Friendship Service can help if you'd prefer a regular phone conversation with the same person each week, and whenever you want a quick chat we're also always happy to talk on The Silver Line Helpline, any time day or night.

Local support in your area

Local Age UKs offer a range of services to older people in their communities - from computer classes and lunch clubs to befriending and advice drop-ins.

Someone to talk to

The Silver Line Helpline offers conversation and friendship for those that want a chat or just want to hear a friendly voice. Open 24 hours a day, 365 days a year, they're always there to take your call.

“I'm so grateful, The Silver Line Helpline is an amazing service you offer - it's amazing for people like me who can't even get to have a conversation with anybody. There's a terrible loneliness in London. It's a very, very great service for lonely people - it's a life saver”.

Tina, 65



**For advice, call us free on 0800 169 6565
(8am to 7pm, 365 days a year)**



**Call us for a friendly chat on 0800 4 70 80 90
(Open all day, 365 days a year)**

Get in touch

Need support? We're here for you.

The 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).

Age UK's Telephone Friendship Service

If you're missing the joy of regular conversation, this service matches over-60s with a friendly volunteer for a weekly chat.

To find out more, visit **www.ageuk.org/telephone-friendship** or call the team on **0800 434 6105**.

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 **www.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**