



Useful Contacts

Organisation	Contact Number	Description
Silver Line	0800 4 70 80 90 www.thesilverline.org.uk	The Silver Line is the confidential, free helpline for older people across the UK open every day and night of the year. Our specially trained helpline staff offer information, friendship and advice, link callers to local groups and services, offer regular befriending calls and protect and support those who are suffering abuse and neglect. If callers would like to be put in touch with Silver Line Friends, they can receive a regular weekly friendship call or email. Or they may like to join a Silver Circle and take part in a regular group call on subjects that interest them.
Age UK	Advice Line: 0800 678 1602 8am-7pm every day	Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Our team will give you information that is reliable and up to date and help you to access the advice you need. We do get calls from people who are lonely or tearful too. If you're feeling lonely or you need some practical help and support, we want you to know that you can call us. Although you might feel alone, you're not alone, and there are people out there who can help.
Samaritans	116 123 www.samaritans.org	Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland. When someone calls Samaritans, the caller's number is not displayed to the volunteer. They may ask your name, because it's a natural question to ask in a conversation but callers don't have to tell us if you prefer not to. "We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. We won't judge you or tell you what to do, we'll listen to you."
Hub of Hope	Hubofhope.co.uk	A resource for those needing someone to talk to. Enter your post code and it will locate a range of nearby support services
Campaign Against Living Miserably (CALM)	0800 58 58 58 5pm – midnight every day	For people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. They offer an accredited confidential, anonymous and free support, information and signposting to people anywhere in the UK through their helpline.
Mind	0300 123 3393 9am to 6pm, Monday to Friday	We provide advice and support to empower anyone experiencing a mental health problem. We believe no one should have to face a mental health problem alone. We'll listen, give you support and advice, and fight your corner.

Men's Sheds	0300 772 9626	<p>We provide support and guidance to individuals and groups across the UK in starting and managing Men's Sheds. We raise awareness of the social and health benefits of Men's Sheds in reducing isolation, loneliness and in empowering local communities.</p> <p>We provide community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun.</p>
Cruse Bereavement Care	0808 808 1677 9.30am to 5pm Monday and Friday and 9.30am to 8pm Tuesday, Wednesday and Thursday.	The Cruse National Helpline is staffed by trained bereavement support volunteers, who offer emotional support to anyone affected by a bereavement. Our volunteers are here to help you talk things through. They can also help you find your local Cruse service, or signpost you to support groups, financial advice, and other useful sources of information.
Lifeline	0808 808 8000 24 hours a day, every day	Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help.
Independent Age	0800 319 6789 Monday to Friday - 8:30am to 6:30pm	<p>We provide free information and advice for older people and their families on care and support, money and benefits and health and mobility, along with friendship services to relieve loneliness.</p> <p>With the help of our committed volunteers, we provide friendship services to relieve loneliness and isolation. These are delivered through phone calls, visits, telephone discussion groups and more, enabling older people to feel more connected to their local community.</p>
AbilityNet	0800 048 7462 Mon – Fri Office hours	AbilityNet's amazing network of ITCanHelp volunteers help older people and disabled people to use technology to achieve their goals. They can come to you in the comfort of your own home or assist remotely to help you overcome any challenges you are facing in the digital world.
WaveLength	01708 621101	WaveLength fights loneliness by gives radios, televisions, and tablet computers to help people maintain and increase the number of meaningful connections they have in their lives. We support people who are lonely because of age, poor physical or mental health, or by circumstances which make it hard for them to leave their home.
U3a University of the 3 rd Age	020 8466 6139 Mon to Fri 09.30 to 16.30 www.u3a.org.uk	<p>U3A is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment. The third age is a time after you have finished working full-time or raising your family and have time to pursue your interests or try something new.</p> <p>Our members draw upon their knowledge and experience to teach and learn from each other but there are no qualifications to pass – it is just for pleasure. It's all voluntary; a typical U3A will be</p>

		home to many activity groups covering hundreds of different subjects - from art to zoology and everything in between.
Anxiety UK	Phone 03444 775 774 Or text: 07537 416 905 Mon-Fri 09:30 - 17:30	Whether you have anxiety, stress, anxiety-based depression or a phobia that's affecting your daily life, we're here to help you. And we're fully supported by an expert team of medical advisors.