



We're just a phone call away



Help Team

01452 422660

Information and guidance about a range of issues for older people and those around them. How to access support if you have recently left hospital



Friendship Line

0800 2980579

A **Free** phone line for older people who would like a listening ear and a friendly chat

Both lines are open 9am-4pm, Monday to Friday

Helping you connect with others



Connect with your neighbourhood and create some real community spirit. Printable posters and details about how to get involved available at: ageuk.org.uk/gloucestershire

#GreetYourStreet



Gloucestershire Springboard is a Facebook Group where you can meet friends, join in activities and have fun.

Search: [facebook.com/groups/gloucestershirespringboard](https://www.facebook.com/groups/gloucestershirespringboard)

