

## We're only a phone call away

There have been many changes to the way we live lately. Despite these differences, our aim remains the same - to make life better for older people across Somerset and North Somerset. While it is not possible for us to operate many of the previous services we provided due to physical distancing, we have adapted quickly to meet the new challenges and to provide the support and services that are needed locally. Here is some information on the services we can offer but whatever it is that you need, please contact us and we'll try our very best to help. **We're only a phone call away so please do not feel that you are alone.**

### A NEW 'FRIENDLY PHONE CALLS' SERVICE

If you are feeling a bit low or lonely and would like to chat with someone, give us a call! To register for this service, leave your name and number and one of our friendly team will call you back. Tel: **01823 345610** or email: [info@ageuksomerset.org.uk](mailto:info@ageuksomerset.org.uk)



### A FREE, CONFIDENTIAL, EXTENDED INFORMATION AND ADVICE SERVICE

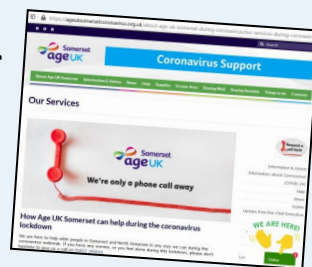
We offer support and advice on all manner of things, for older people in Somerset and North Somerset, their families and carers, including benefit entitlements and how to find help during the lockdown. Call **01823 345613** (Our team are working from home so leave a message and they will pick it up and call you back), or email: [infoandadvice@ageuksomerset.org.uk](mailto:infoandadvice@ageuksomerset.org.uk)



### A NEW DEDICATED CORONAVIRUS SUPPORT WEBSITE

Full of useful information and resources, the website includes details of where to find local support and food deliveries in your area, tips on how to stay active at home and ideas for things to do. There is also a Live Chat service that connects you with one of our team to answer your questions or just chat!

[www.ageuksomersetcoronavirus.org.uk](http://www.ageuksomersetcoronavirus.org.uk)



As part of the Somerset Mental Health Alliance, we are working alongside other voluntary sector organisations, including Mindline, Re-Think and MIND, to ensure support is readily available to those struggling with anxiety, worry and depression.

**Please can we ask a favour? As many of our normal funding streams are drying up, the demand for our services and the need to support older people has never been greater or more urgent. If you are in a position to make a donation, however small, we'd be so grateful. Please visit: [www.virginmoneygiving.com/fund/coronavirus-somerset](http://www.virginmoneygiving.com/fund/coronavirus-somerset)**