

Independent Age

Independent Age provide help and support services for older people. They have:

- **a national telephone helpline** for advice on care, benefits, getting help at home and adapting your home. They can arrange a follow up appointment for more detailed discussions
- **telephone friendship groups** to help you connect with new friends and to learn more issues that matter to you. This is aimed at people who aren't online or can't get out and about in
- [Grief Chat](#) online emotional support for bereaved people, access to trained bereavement counsellors and referral into other specialist bereavement services
- volunteer opportunities
- **information and advice guides** on a range of topics such as staying connected, grief and being independent
- campaign on older people's issues

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Telephone: 0191 731 4000

Telephone note: Newcastle office

Website: <https://www.independentage.org/>

Helpline: 0800 319 6789

National Advice Line 8.30am to 6.30pm Monday to Friday. Closed bank holidays

Fax: 0207 605 4201

Email: advice@independentage.org

Twitter: <https://twitter.com/IndependentAge>

Facebook: <https://www.facebook.com/independentage/>

Youtube: <https://www.youtube.com/user/IndependentAge>

Cost: Free

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