

Good to Know telephone groups

March 2024



Independent Age

Please note that this edition contains two months of events. See overleaf.

To book

Book a group by calling **0207 605 4265** or emailing **telephone.services@independentage.org**. You'll only be dialled in if you've booked.

Missed your call?

If you missed the call, you can dial **0300 373 0965** to connect to your session.

Declutter with Jo

Thursday 7 March
11am–12 noon

Do you feel overwhelmed by clutter in your home and need space to breathe and reset? With spring arriving, there's never been a better time to shake off the winter blues, declutter and revive your home. Join Jo for tips on how to cut the chaos and get your home in order.

Topics covered: Clutter, organisation, wellbeing

Eat well for less

Wednesday 13 March
11am–12 noon

Healthy eating is important and doesn't need to be expensive. Join this session for advice on eating well, keeping costs down and eating in an eco-friendly way.

Topics covered: Healthy eating, cooking

Getting help at home

Tuesday 19 March
12 noon – 1pm

Whether you need help to care for yourself, to make adaptations to your home or a hand with household chores, there is help available. This session is based on one of our Independent Age advice guides and led by our colleague Jordan.

Topics covered: Care and support

Campaign with us!

Tuesday 26 March
11am–12 noon

At Independent Age, our campaigns team works to make sure nobody faces financial hardship in later life. To do this, we need your help and your views. Join this session to share your experiences of later life and help us tell decision makers what needs to change, ahead of the general election.

Topics covered: Cost of living, campaigning, later life

To opt out of this mailing list, call our team on **0207 605 4265**.

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April 2024



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Stress awareness

Thursday 11 April
11am–12 noon

To mark Stress Awareness month, join Thom from Independent Age. We'll talk about stress in later life and take some time to relax together. Come to unwind and blow off steam as we try out some different ways to relieve stress, which you can continue practising at home.

Topics covered: Stress, managing emotions

Home safety

Wednesday 17 April
12 noon–1pm

The home is the most common location for an accident to happen. Join Cam from our information team, who will talk through our Home safety guide. He'll help you to spot hazards in your home and to prevent accidents – like falls, fires or spills.

Topics covered: Home safety, spotting hazards, preventing falls

Thrive

Tuesday 23 April
11am–12 noon

Come and celebrate the change of the season. One study showed that seeing nature out the window led to faster recovery from an ailment. We'll talk about how green spaces can benefit wellbeing. Whether or not you have a garden or are experiencing mobility issues, this session is for everyone.

Topics covered: Gardening, wellbeing

Attendance Allowance

Tuesday 30 April
11am–12 noon

Attendance Allowance is extra money if you are over State Pension age and have a long-term disability or health condition. You may be able to claim it if you need help with personal care or supervision. Join us to hear more about what you might be entitled to and how to claim.

Topics covered: Pension, benefits, cost of living

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