



**Independent
Age**



**Informative
Telephone Groups
for older people**

Our **Good to Know** Telephone Groups are social and learning opportunities for people who may not be online or who may struggle to get out and about.

Think of these groups like a cup of tea and a chat at a community centre – but over the phone and in the comfort of your home.

What can I expect?

Groups take place about four times a month and last for an hour. Each time, we invite a different guest speaker to talk about topics like managing finances, scam awareness, seated exercise, volunteering, creative writing and getting online. There's always a chance to interact and learn something new.

Guest speakers

We've had guest speakers from The Sleep Charity, MIND, The Reader, Turn2Us, DeafBlind and many more.

Location

On the telephone – and they're free to join.

Want to know more?

Call our Helpline on **0800 319 6789** or email **telephone.services@independentage.org**.



It was the highlight of my week. There are people from all sorts of walks and backgrounds... everybody's got something to contribute.
Fiona