

Good to Know telephone groups

May 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.

Deaf Awareness Week

Wednesday 8 May
12 noon – 1pm

Join us to celebrate Deaf Awareness Week and promote inclusion. Deafblind UK is a national charity supporting people living with sight and/or hearing loss. Even if you're not suffering from sight or hearing loss, you'll learn about things to be aware of and the services that Deafblind UK provides.

Topics covered: Deaf-blindness, getting support

AbilityNet

Tuesday 14 May
11am–12 noon

Come and hear all about AbilityNet, a charity that helps people, one-to-one, in their own homes to gain new digital skills. Want to shop online? Nervous about scams? Got a tablet but not sure how to use it? Donna will tell us all about the many ways AbilityNet's network of volunteers helps individuals with any disability, and of any age, to use different kinds of digital technology.

Topics covered: Technology, scams, getting online

Taking positive steps

Wednesday 22 May
12 noon – 1pm

Join Sam, a trained instructor with Later Life Training, for information on how to stay independent and mobile as we age. Sam will cover the training she had, how to access instructors no matter where you are in the country, and ways to make a difference to your posture – starting today!

Topics covered: Staying mobile, improving posture

Dementia Adventure

Tuesday 28 May
1–2pm

Dementia Adventure understands how complex and individual the needs of people living with dementia are. Join Ruth to hear about the various services this charity offers, including supported holidays, free training and education for individuals and their families and friends. Meet others in a similar situation and discover simple steps that can make a big difference.

Topics covered: Dementia, support, understanding

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

Good to Know telephone groups

June 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.

Hourglass

**Tuesday 4 June
12 noon–1pm**

Hourglass is the UK's only charity focused on the abuse and neglect of older people. It's an absolute lifeline for older men and women, and their families, suffering from the five forms of abuse: physical, psychological, financial, sexual or neglect. Join this session to hear about the support Hourglass provides for those experiencing abuse or those worried about someone at risk.

Topics covered: Spotting signs of abuse

Linking Lives UK

**Thursday 13 June
11am–12 noon**

Join Linking Lives UK to hear about the different ways loneliness can affect us physically and mentally, and to learn practical strategies for addressing it. It's also a chance to learn more about the charity and the resources it provides. Linking Lives UK is a national Christian charity working to improve quality of life through friendship.

Topics covered: Loneliness, friendship

Scamwise

**Tuesday 18 June
11am–12 noon**

Scammers are finding more sophisticated ways of tricking people out of money or personal details. Join our adviser from Independent Age, who will give you tips for spotting scams and will explain doorstep, phone, postal and online scams. You'll also learn what you can do if you have been scammed.

Topics covered: Scams, staying safe

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