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.

Older renters
Tuesday 9 July
11am–12noon
Are you aged over 65 and renting in England or Wales? It’s good to know what your landlord or letting agent must do if something goes wrong during your tenancy, and where to get support. Join us to hear from an Independent Age adviser and discuss what to do if something unexpected happens while you are renting.

Topics covered: Renting in later life

Omega
Tuesday 16 July
11am–12noon
Loneliness can affect anyone, and it can have negative impacts on health and wellbeing. Join Michelle and Liz from Omega, a charity dedicated to reducing social isolation and loneliness. They will discuss Omega’s five main projects, including telephone befriending and a UK-wide letterbox service.

Topics covered: Loneliness, Befriending

Mental health
Thursday 22 August
11am–12noon
We can all feel sad or anxious from time to time. But as we get older, changes in our lives, such as bereavement, illness or retirement, can make us more vulnerable to low moods, depression and anxiety. This may mean we need a bit of extra support. Join us to hear about our new mental health guide. There’s no pressure to contribute on the call, and everyone’s welcome.

Topics covered: Anxiety, depression, self-help

Home adaptations
Wednesday 28 August
11am–12noon
Making adaptations to your home can help you to live independently for longer. Join our Independent Age adviser to hear about adaptations, products and services to help you to keep living safely at home – and about the financial help you could get to pay for them. This session is relevant to those in England and Wales.

Topics covered: Living safely at home

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