

Good to Know telephone groups

September and October 2024



**Independent
Age**

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.

Pension Credit

**Thursday 19 September
11am–12 noon**

About 2.58 million older people are entitled to receive Pension Credit to top up their retirement income. Yet around 4 in 10 of those who qualify aren't claiming it. You could be missing out. If you think you might be missing out, we're here to help.

Topics covered: Pension Credit, entitlements

Carers UK

**Thursday 26 September
12 noon–1pm**

Are you caring for someone or know someone who is? Carers UK is a charity that helps and campaigns for carers in the UK. Get advice on benefits and support that could be available and hear about ways the charity connects carers across the UK.

Topics covered: Carers, benefits, support

Confidence boosting

**Thursday 3 October
11am–12 noon**

Join Emi, who will discuss the common causes of low confidence and the link between competence and confidence. She will help you to challenge your inner voice, develop a growth mindset and reframe your thoughts. She will also cover the impact of 'tiny noticeable things' – if this intrigues you, sign up to find out more.

Topics covered: Confidence, personal development, growth mindset

Winterwise

**Tuesday 15 October
11am–12 noon**

Winter can bring extra challenges. Dark evenings and icy pavements can make it harder to get out, while cold weather can make us vulnerable to illness. Higher fuel bills can be worrying too. Join us to hear some practical tips on staying warm and healthy in the winter months.

Topics covered: Staying warm, safety, winter health

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