

# Good to Know telephone groups

November and December 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.

## Renting in later life

**Tuesday 12 November  
11am–12 noon**

Are you aged over 65 and renting in England or Wales? It's important to know what your landlord or letting agent must do if something goes wrong during your tenancy, and where to get support. We will be joined by our Independent Age adviser, Emily, who will discuss what to do if something unexpected happens while you are renting.

**Topics covered:** Renting, repairs, rights, rent increases

## Let's talk mental health

**Tuesday 26 November  
11am–12 noon**

We can all feel sad or anxious from time to time. But, as we get older, certain changes in our lives can make us more vulnerable to low moods, depression and anxiety. These changes might be experiencing bereavement, illness or retirement. Join Rachel to hear about our mental health guide. There's no pressure to contribute on the call, and everyone's welcome.

**Topics covered:** Anxiety, depression, self-help

## Underlying entitlement to carers' benefits

**Tuesday 10 December  
11am–12 noon**

When you apply for carers' benefits, you may be told that you can't be paid them because of the overlapping benefits rule. Join our advisor, Hazel, who will explain what underlying entitlement to carers' benefits is, the extra benefits you could get and how to make a claim.

**Topics covered:** carers' benefits, money mindset

## End of year music and poetry

**Wednesday 18 December  
11am–12 noon**

As 2024 draws to a close we'd like to invite you to celebrate and reflect. We'll be joined by the fantastic musician Hattie Whitehead who will uplift us with her dulcet tones. There's something for everyone, so come along with song requests and poetry you'd like to share.

**Topics covered:** Music, poetry, relaxation

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