

Good to Know telephone groups

November 2023



**Independent
Age**

To book

Book a group by calling **0207 605 4265** or emailing **telephone.services@indepdentage.org**. You'll only be dialled in if you've booked.

Scam busting with NewsGuard

**Tuesday 7 November
11am–12 noon**

Ever read something online and wonder whether or not it's true? Join Veena from NewsGuard, who will show you how to counter misinformation and scams. She'll make you an expert at spotting scams so that you can navigate online news safely.

Topics covered: Online scams, misinformation

Debt support with StepChange

**Tuesday 14 November
11am–12 noon**

Join Tom from StepChange, the UK's leading debt advice charity. It helps hundreds of thousands of people deal with their money worries each year, with free, impartial and non-judgmental advice. Whether you need debt advice, support with budgeting or have persistent debt that isn't reducing, StepChange can help.

Topics covered: Money, debt, advice

Missed your call?

If you missed the call, you can dial **0300 373 0960** to connect to your session.

Let's talk anxiety

**Tuesday 21 November
11am–12 noon**

Anxiety is what we feel when we are worried, tense or afraid, often about the future. It's a natural human response when we feel under threat. We can experience it through thoughts, feelings and physical sensations. Join us to talk about self-care and treatments for anxiety. There's no pressure to discuss how you feel – everyone's welcome.

Topics covered: Anxiety, worry, self-help, guided relaxation

Winterwise

**Monday 27 November
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: Warm homes, winter health

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Versus Arthritis discussion

**Wednesday 6 December
11am–12 noon**

Around 10 million people in the UK are thought to have arthritis. Some forms of arthritis are more common in older people. Although there's no cure, treatments have improved greatly in recent years. Join Lucy, who will talk about Versus Arthritis's local services and resources, which help people to stay independent at home.

Topics covered: Arthritis, independence, support

Yoga with Sense

**Monday 11 December
12.15–1.15pm**

Join Sally for a seated-yoga taster session with Sense. This is a fun and friendly, low-impact way to keep active. Calm the mind and move the body, gently following the instructions provided by Sense's expert teacher. This session is suitable for all, regardless of age or ability. If you'd like to see the movements ahead of time, just let us know when you book. This session works best using a speakerphone, so you're able to move freely.

Topics covered: Yoga, gentle exercise, mindfulness

End-of-year festive call

**Tuesday 19 December
11am–12.30pm**

As we approach the end of 2023, we welcome you to join us to share, talk and celebrate. Come bearing a poem you've written, a quote or a funny story. We'll also be joined by the incredibly talented musician Hattie Whitehead. Whether or not you celebrate Christmas, everyone is welcome to join us for our final group of the year.

Topics covered: Music, celebrations, poetry

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