

If you or someone you know would like to hear more about Call in Time, simply complete this form and return it to our Freepost address (no stamp needed):

Freepost RSHU-UCSC-TUEG
A Call in Time Team,
Astral House, 1268 London Road,
London SW16 4ER

Alternatively please email callintime@ageuk.org.uk
or call **0844 225 0320** for more information.

Name:

Address:

.....

..... Postcode:

Telephone no:

Email:

I would like more information by: post phone call email

We will use the information you have supplied to communicate with you in line with data protection guidelines. Age UK (registered charity no. 1128267) comprises the Charity, its group of companies and national partners (Age Cymru, Age Scotland and Age NI). If you would prefer not to hear from them or from carefully selected third parties please let us know by phoning 0800 107 8977.

By providing your email address and/or mobile number you are agreeing to us contacting you in these ways. You may contact us at any time to unsubscribe from our communications.



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Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is 207-221 Pentonville Road, London N1 9UZ. Age Concern England (registered charity number 261794) and Help the Aged (registered charity number 272786), and their trading and other associated companies merged on 1 April 2009. Together they have formed the Age UK Group, dedicated to improving the lives of people in later life. The three national Age Concerns in Scotland, Northern Ireland and Wales have also merged with Help the Aged in these nations to form three registered charities: Age Scotland, Age NI and Age Cymru. ID9273 08/10

Age UK is the new force combining
AGE and **HELP THE AGED WE WILL**
Concern



Call in Time

A free telephone friendship service



To receive a call... make a call
0844 225 0320



Sometimes a friendly call makes all the difference

Living on your own can be hard to adapt to – particularly if you've been used to sharing your home or time with others. Not having someone to talk to regularly can be lonely and isolating. And that's when a friendly chat on the phone can make all the difference.

Call in Time is a free telephone friendship service run by Age UK. Since 2005 it has matched hundreds of older people with trained and supported volunteers who, together, enjoy a weekly phone chat about anything from the weather to hobbies to what's been going on in both their lives.

Our volunteers and the people they call often become firm friends in the process. The calls provide valuable on-going weekly telephone contact to develop a trusted, true friendship.

'It lifts my spirits and gives me something to look forward to. Contact with someone who cares enough to call, it is the highlight of my week, a stimulating experience, one I look forward to every week.'

Have a Good Day...

As well as friendship calls, we also provide Good Day calls. These calls can provide a little extra reassurance when you're on your own – especially at times when you most need it, like when you've just come home from hospital or experienced a bereavement.

If you need us to, we can give you a short call several times a week, at a time that suits you, just to make sure you're ok. These Good Day calls are made for eight weeks. But if you think you might need them to be extended, we could perhaps arrange that too.

If you think that you or someone you know could benefit from Call in Time, please complete the form on the back of this leaflet, or call **0844 225 0320** to speak to a member of our Call in Time team.

'It's extended my horizons having a different person with different experiences of life to talk to. It's something I value and look forward to'

A simple call can change lives



Mrs F had lost her son and then her husband. She became isolated socially, anxious of going out and meeting other people. Even the idea of a telephone call was a little scary at first Mrs F said:

'I would never have reached where I am today if Age UK hadn't put me in touch with people. I have a nice young man (Roger) who phones me every week. I really look forward to his calls.'

Roger, Mrs F's caller, is just as enthusiastic about their weekly chats.

'She is such a sweet lady, a lovely person, open and so sincere. It's a pleasure speaking to her and I can't wait to call her every week.'

But best of all is the change that family friends have noticed in Mrs F since the calls began.

'Roger has her in stitches and, she says, makes her feel happy, healthy and keeps her going. Her husband died and she can't believe that ten months later she has a new life with new friends, including Roger, who can see the difference in her since the Call in Time calls began.'

So much so that Mrs F recently drove round a racetrack in a Ferrari, proving that she's confident enough to continue living an independent life and have fun!

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