

How can I support the work you do?

The Silver Line is a charity and running the helpline, training and the cost of all calls are paid for by voluntary donations. £5 covers the cost of each call we receive, £50 will pay to recruit and train a volunteer Silver Line Friend.

To make a donation

Call: **020 7224 2020**

Online at: www.thesilverline.org.uk/donate

Post a cheque made payable to 'The Silver Line' to **The Silver Line Helpline, 19-23 Featherstone St, London, EC1Y 8SL.**

We have many fundraising opportunities that run throughout the year. Even if you have just a few minutes to spare, you can really make a big difference. To find out more, please visit: www.thesilverline.org.uk/fundraise



Calls are free

0800 4 70 80 90

www.thesilverline.org.uk

*"It's not only
The Silver Line
but a life line."*

Bob



Get involved

We rely on volunteers to help us deliver the services we offer. The process of becoming a volunteer is simple and training can be done over the telephone. For a full list of volunteer opportunities, please visit our website and fill out the online application form.

Tell someone about us

We rely on our supporters to help us raise awareness of loneliness and isolation among the older population. Whether it's putting up one of our posters or handing somebody one of our leaflets, every little thing counts. To request resources or download, please visit: www.thesilverline.org.uk



"Our volunteer Silver Line Friends can change peoples' lives for the better and make them feel loved and appreciated. Thank you."

Dame Estmo Rutter

Founder of The Silver Line

Silver Line Scotland

helpline for older people

0800 4 70 80 90



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@TheSilverLineUK



LOTTERY FUNDED

The Silver Line is a registered charity in the UK.
Registered Charity No. in England & Wales 1147330.
Registered Charity No. in Scotland. SCO44467. Company No. 8000807

Silver Line Scotland

helpline for older people

0800 4 70 80 90

There is no need to be alone



Information • Friendship • Advice

**The only national, free
and confidential helpline
for older people open every
single day and night**

What is The Silver Line?

The Silver Line Helpline is the only national, free and confidential helpline for older people open 24 hours a day, 7 days a week and 365 days a year. We offer information, advice and friendship through our helpline and services.

There is no question too big, no problem too small and no need to be alone.

We are here for you

More than half of people over 75 live alone with 1 in 10 suffering intense loneliness. The Silver Line team is here for you. We offer you somebody to talk to and an opportunity to tell us how you are feeling, knowing that your call is treated in the strictest of confidence.



"It opened the world for me again."

Jack

Who is The Silver Line for?

The Silver Line is a helpline for older people and most people we speak to are over 60.

How can I join The Silver Line?

Simply call us on our national, free and confidential helpline at any time of the day and night: **0800 4 70 80 90**.

If you know somebody who could use our services, with their agreement you can download one of our third party referral forms on our website and email it to:

wellbeing@thesilverline.org.uk



"I see it as an opportunity to make a difference."

Julia

a member of
The Silver Line team

What other services do you offer?

In addition to our national helpline we also offer:

- **Telephone friendship** – a weekly 30 minute call between an older person and a Silver Line Friend volunteer.
- **Silver Letters** – a fortnightly exchange of a letter between an older person and a volunteer Silver Line Friend.
- **Silver Circles** – a call between a group of older people on a shared interest or topic, taking place each week for 60 minutes.
- **Silver Line Connects** – help with informing and connecting an older person with national and local services.

To find out more, please visit our website or call our helpline on: **0800 4 70 80 90**



"It's so comforting to know you can phone and talk to somebody, and you are not alone."

Zillah



Calls are free

0800 4 70 80 90

www.thesilverline.org.uk