

Older people who feel lonely should call Silver Line Scotland



Age Scotland is calling on older people in Edinburgh who feel lonely, or who face difficulties, over the Christmas holiday to make use of Silver Line Scotland; a new free* national helpline offering information, friendship and advice 0800 4 70 80 90. The service, which is delivered in partnership by Age Scotland and Esther Rantzen's charity The Silver Line Helpline, will be taking calls all day and every day during the holiday period, and throughout 2014.

Age Scotland Chief Executive Brian Sloan said: "Loneliness can hit hard at this time of year, with older people who live alone, or who have caring responsibilities, being particularly vulnerable. Callers to Silver Line Scotland will be greeted by someone who is friendly and helpful, and who understands that there's no shame or stigma in admitting that you feel lonely. But the service is also there for older people, and their friends, families and carers, who just want practical advice and information."

Topics that Silver Line Scotland can assist with include welfare benefits, community care, home safety and repairs, accessing health services and information about local groups and services for older people.

The Charity also publishes 'Hot Tips,' a free 2014 calendar that offers information and advice to help older people stay safe, well and comfortable all year round. Calendars are available in libraries, GP's surgeries and from some MSP's

constituency offices.