



agewell
sharing experience

We Support, We Care

Do you know someone aged 50 and over who has experienced a recent bereavement? Has suffered a fall or is at risk of falling? Is no longer feeling confident about getting out and about?

Or are you personally feeling a bit isolated or vulnerable?

Our befriending service is here to help

Agewell provides a compassionate and reliable befriending service for individuals aged 50 and over, living in Sandwell or West Birmingham and registered with a local GP.

This FREE service provides one-to-one support for a period of six weeks and includes a one-hour weekly befriending visit and a weekly telephone call.

Our service offers individuals and their families complete peace of mind as all our befrienders have CRB clearance and our staff have previously worked within the NHS.

Our aim is to get to know you, to find out what problems you may be facing as well as what you enjoy doing. We can then establish the services we can connect you with to improve your quality of life and maintain your independence.

Research shows that staying connected with others is vital to our health and wellbeing, particularly as we grow older.

As part of our service, we will support and encourage you to join a local group of your choice, so you can get out more and make new friends – or meet up with old ones!

Our service is currently available between 9am to 5pm, Monday to Friday.

We accept referrals from individuals themselves, as well as professionals (including GPs), relatives, friends and neighbours.

**To find out more, call 0121 289 3038
or email info@agewelluk.org.uk**



www.agewelluk.org.uk