

The Silver Line

The Silver Line is the confidential free helpline for older people, open every day and night of the year. They offer information, advice and friendship. They direct callers to the many varied groups and services that exist in their communities. They protect and support those people who suffer abuse and neglect.

You can call them just for someone to talk to.

You can receive a weekly friendship call and, if you wish, be part of a regular group call on subjects that interest you.

Their **freephone** numbers is 0800 4 70 80 90.

For further information click <https://www.thesilverline.org.uk/>