How can I support your work?

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**

Text SILVER to 70660 to donate £10*

Visit www.thesilverline.org.uk/donate

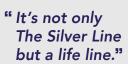
Post a cheque made payable to

'The Silver Line' to The Silver Line, Trade Tower, Calico Row, London SW11 3YH

*plus standard rate text (age 18+, UK mobiles only).

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.





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 Esmo Rutu

Founder of The Silver Line

The Silver Line
helpline for older people

0800 4 70 80 90



The Silver Line is a registered charity in the UK.
Registered Charity No. in England & Wales 1147330.
Registered Charity No. in Scotland. SC044467. Company No. 8000807



There is no need to be alone



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.



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.





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 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**.

