

Your mind matters



Thinking about your mental health

Information written with you in mind.

This information guide has been produced with the help of older people, carers and expert peer reviewers.

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Contents

What this guide is about

Rethinking mental health 6

How you might be feeling

Spotting the signs and symptoms 8

Feeling worried 10

Feeling low 10

Feeling unmotivated 11

Feeling lonely 12

Why you might be feeling like this 13

Getting help

When to seek help 17

Different types of help 18

Things you can do that might make you feel better 22

If you're worried about someone 24

Useful organisations 27



What this guide is about

Feeling worried, low or out of sorts – or just struggling to work up the energy to do things you used to enjoy – isn't just part and parcel of getting older. It could be an important sign that you're not feeling as well as you could be.

There are lots of reasons why your moods might change. But it's important to know that if you've not been feeling yourself lately, there's support available.

This guide looks at talking about mental health, the common symptoms of mental health problems, and what support is available.



This symbol indicates where information differs for Wales and Northern Ireland. As far as possible, the information in this guide is applicable across the UK.

“I knew something wasn’t right as I’d been feeling down for a while and had been avoiding friends and family.”

Michael, 68



If you’re feeling low or out of sorts, don’t keep it to yourself. Ask your doctor or nurse about how they could help you get back on track.

Understandably, many people find it daunting or not in their nature to talk about their feelings with others. But ignoring your low mood doesn’t make it go away – it’s likely to only make it worse in the long term. Maybe now is the time to take the first step to helping yourself feel better.

Good to know



There are different organisations you can go to for support with your mental health. Here are just a few helpful phone numbers, but there are many more in the ‘Useful organisations’ section on pages 27-32.

Mind Infoline: **0300 123 3393**

Samaritans: **116 123**

Rethinking mental health

We've all heard how important it is to look after our physical health – to stay active and eat well. But what about our mental health? Looking after our mental health is just as important but can often be sidelined.

But it shouldn't be. Our mental health affects all aspects of our lives – how we think and feel, and how we cope with life's ups and downs.

If you had a pain in your joints, you wouldn't just struggle on without help. You'd tell your doctor so they could treat it. Your mind is no different – you need to look after it too.

“My anxiety got much worse after I had pneumonia. I didn't realise the two were so linked until I spoke with the doctor.”

Meera, 80



It's not just you

Because there aren't always outward signs, you may not be sure anything's wrong – but mental health problems are more common than many people think. It's estimated that 1 in 4 people live with a common mental health problem, such as depression or anxiety.

We can all be guilty of putting our feelings to one side and thinking we'll 'deal with it later'. But we shouldn't. Addressing our thoughts and feelings is often the best thing we can do to help ourselves feel better.

Do any of these sound familiar?

"It's just how you feel as you get older."

"When I was younger, it just wasn't the sort of thing you spoke about."

"The doctor has more important things to worry about."

"I wouldn't know who to talk to about it."

"I don't want to make a fuss."

It's OK to speak to your doctor if you're worried about your mental health. Times have changed and there's now a focus on making sure your mind is as healthy as your body. Your doctor will have lots of experience in supporting people with their mental health and won't judge you for talking about it.

How you might be feeling

It can be hard to recognise the symptoms of mental health problems, so they can often be overlooked or mistaken for physical health conditions – or just part of getting older. But there are lots of reasons why you may be feeling this way.

Spotting the signs and symptoms of mental health problems

Recognising the symptoms of a mental health problem is the first step in helping yourself to start to feel better.

If you're experiencing some of the feelings, or symptoms described here while it doesn't necessarily mean you have a mental health problem, it's worth speaking to your doctor or nurse about them – they might be able to help.

Changes in how you feel:

- Feeling low.
- Feeling irritable, restless or tense.
- Feeling guilty, worthless or hopeless.
- Feeling numb.
- Feeling isolated.
- Feeling like bad things will happen to you or your loved ones.
- Feeling tired all the time.
- Feeling confused or forgetting things.
- Finding no pleasure in things you used to enjoy.

Changes in what you do:

- Worrying a lot and being unable to relax.
- Avoiding social activities.
- Having difficulty speaking and or thinking clearly or making decisions.
- Eating or sleeping more or less than usual.
- Not taking as much care of your appearance.
- Drinking more alcohol than usual.

Changes within your body:

- Physical aches and pains with no obvious physical cause.
- Moving very slowly, or being restless and agitated.
- Getting pins and needles a lot.
- Breathing faster than usual.
- Feeling lightheaded, dizzy or nauseous.
- Having a fast, thumping or irregular heartbeat.
- Sweating or experiencing hot flushes.
- Having panic attacks (sudden, intense bouts of anxiety or fear).

Feeling worried

Anxiety is used to describe how we're feeling when we're worried, stressed or afraid. It's a feeling that many of us experience now and again. But if you feel anxious for a long period of time, lose your appetite, get worried about lots of things or often feel down then you should speak to your doctor. These aren't trivial matters – they're crucial to your health.

Feeling low

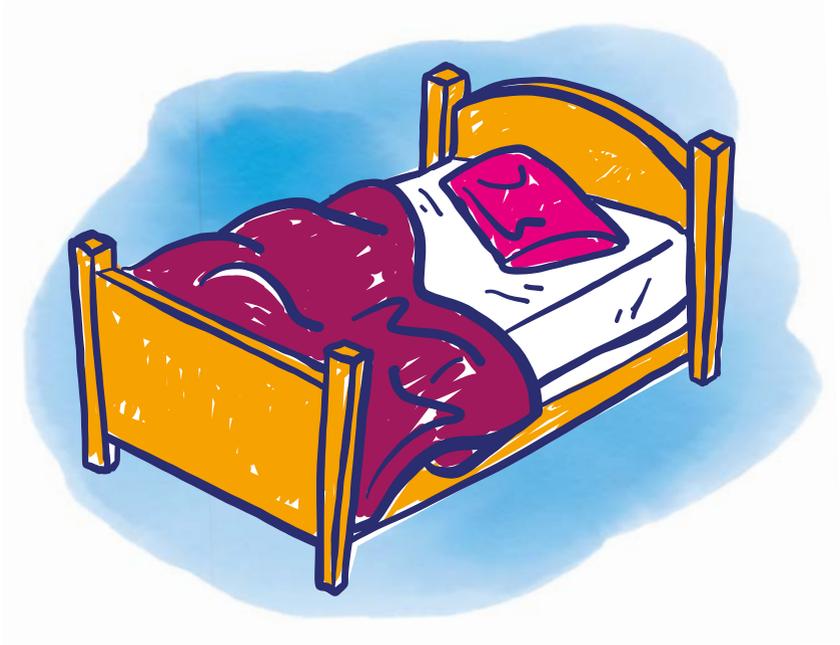
Maybe the activities you used to enjoy aren't giving you as much pleasure anymore. That isn't 'just part of getting older' like some people think – life should bring us joy at every age.

Everyone feels down from time to time. Usually this passes, but if you've been experiencing a low mood for a while then it's important to speak to someone. It can be hard to admit you're feeling low, but you don't have to keep it to yourself. Often the best way to start feeling better is to speak to a family member, or your doctor or nurse – whoever you feel comfortable with.

Good to know



It's not uncommon to feel low and worried at the same time. Doctors are used to seeing people who are depressed and anxious and know how to help. If you're feeling like this, it would be best to go and see your doctor or nurse and talk to them about what you've been experiencing.



Feeling unmotivated

We've all felt unmotivated before – whether you can't face doing chores around your home or going out and socialising. But feeling unmotivated, low in energy and losing interest in activities you used to enjoy for long periods of time can be a sign that something else is going on. It's always best to speak to your doctor or nurse if you've noticed you've been feeling like this for a while.

“When I go and visit Dad he doesn't seem himself and the place is never tidy anymore. I'm worried about him.”

Rebecca, 39



Feeling lonely

You may be lonely for a number of reasons – perhaps you’ve lost a loved one, moved away from friends and family, lost the social contact and enjoyment you used to get from work, or have health problems that make it difficult for you to go out and do the things you enjoy.

Loneliness can have a significant impact on our mental wellbeing. And being lonely doesn’t necessarily mean you have no one nearby. You can be surrounded by friends and family but still feel lonely.

Although it may be hard, it’s a good idea to think about what is making you feel lonely so that you can try and find a way of feeling better. If you speak to your doctor or nurse, they might be able to suggest things you can do to help.

Good to know



Age UK runs a telephone befriending service which allows you to sign up for a free weekly friendship call. It can be a great way to speak to someone new. Search ‘telephone friendship’ on the Age UK website to find out more, or call **0800 434 6105**. In Wales, if you’re aged 70 or over, you can also register for a free weekly call from Age Cymru’s Friend in Need service. Search ‘Friend in Need’ on the Age Cymru website, or call **0300 303 44 98**.

You could also visit your local Age UK to see if there are any classes or local groups you could attend. In Wales, contact your local Age Cymru.

Why you might be feeling like this

Knowing what can affect your mental wellbeing might help you understand the feelings you're experiencing and help you think about the steps you can take to look after yourself. There are many things that could affect how you feel.

Retirement

Many of us look forward to retirement, but often we're so busy thinking about what we're retiring from that we don't take time to think about what we're retiring to. And while those first few months of not having to set the alarm can be brilliant, for many people the novelty soon wears off and sometimes the lack of routine and, for some, a sense of purpose can have an impact on mental health.

Bereavement

Grieving a loss is different for everyone. You may experience feelings of sadness, anger, frustration or even relief. This process can be a rollercoaster of emotions with good days and bad days. If you're struggling to cope with the loss and your emotions, or you feel you're not coping day to day, then it may be time to seek help and support. Our guide **Bereavement** has more information and advice.

“I didn't think I was allowed to be happy after John died.”

Irene, 79



Being a carer

Looking after your partner, a relative or a friend is rewarding, but it can also be exhausting and even frustrating. It's a big undertaking, which can seem to take over our lives at times, and affect our relationships and how we feel mentally. It can be hard to ask for support as a carer, as you may think you should focus on the person you're caring for, but you shouldn't neglect your own needs. See our guide **Advice for carers** for information about where to find help.

Money worries

Worrying about money can lead to sleepless nights, but it's never too early to seek help. If you're having money worries or are living on a low income, contact your local Age UK for a benefits check and see our guide **More money in your pocket**. In Wales, see Age Cymru's version of this guide and contact Age Cymru Advice for a benefits check.

And if you're worried about debt, you're not alone and there is help available. Our guide **Dealing with debt** has lots of practical information.

Disability or poor health

As we get older, poor health can affect our confidence, make us less independent and make us more anxious about the future. It can become harder to get out and do the things you once enjoyed, which can be very frustrating and get you down. If you live in pain because of health issues, it can take a real toll on how you feel and side effects of certain medications can also have an impact on your mood.

If your physical health is affecting your mental health, talk to your doctor to see if there's anything they can do. Make sure you don't stop taking any medication before speaking to your doctor – it can be dangerous to stop suddenly.

Relationship or family problems

Worrying about those we care about most can really affect how we feel. They may be experiencing their own problems, or you might be worrying about things that could happen in the future. If possible, try to discuss problems before they have a chance to escalate.

The time of year

It's not uncommon for our mood to change at different times of the year. Many of us feel better in the summer than in the colder, darker winter months. You may hear this referred to as the 'winter blues'. The different seasons can have a significant impact on your mental wellbeing and may leave you feeling tired, withdrawn, depressed or anxious. If the time of year has a significant impact on your mood, visit your doctor and ask for information and support.

These are just some of the most common things that can affect how we feel. There are plenty of other things that can affect our moods. There also might not be any clear reason at all to explain how you're feeling, and that's fine too. Whatever the reason, try to talk about how you're feeling with someone – whether that's a friend, a loved one or your doctor.

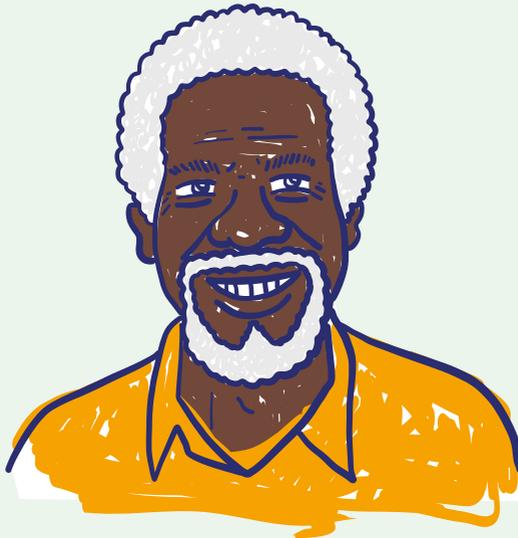


After Joe retired, he found himself missing the routine and structure of work.

'I'd looked forward to retirement for a few years and at first it was great not having to set my alarm.

'But people don't tell you that retirement isn't always so easy once you get there. After a couple of months I felt myself wondering what I had to get up for. I was spending a lot of time sitting on the sofa watching TV. I knew I should get out and do something but it was hard to motivate myself. Then one day I was reading my local paper and I saw an advert for a walking group.

'It wasn't easy turning up by myself the first few times but one of the regulars, Ron, made a real effort to introduce me to everyone and make me feel welcome. I go on two walks a week now – and I really look forward to them. The thing is that you don't even realise you've gone into yourself until you start doing things again.'



Getting help

We can all feel a bit low sometimes, but if life's been getting you down, don't keep quiet about it. If you've not been feeling yourself, ask your doctor or nurse about what help is available.

When to seek help

If you've been struggling with your mental wellbeing and it's affecting your life, it's time to make an appointment to see your doctor. Talking about your mental health can be daunting, but your doctor will be used to having these conversations and won't judge you. They're there to help and will know what to do.

Depending on your symptoms, your doctor may use a questionnaire to find out how you're feeling. Sometimes they might ask about whether you want to end your life, so don't be surprised by this question. You might even be relieved that you're being asked to talk about it.

You can talk to your doctor or nurse in complete confidence – they will listen and help you get back on track. But if you're nervous about talking to your doctor, ask if you can take someone with you to your appointment.



Different types of help

Once the doctor has looked at what could be causing your feelings, they'll talk to you about different treatment options. These will depend on the feelings you've been having, how long they've been going on, whether you've had treatment before and if so, how helpful it was. Think about what you might find most helpful and discuss the pros and cons of your treatment options with your doctor.

Talking treatments

'Talking therapies' can be very helpful for people who are feeling low, anxious or out of sorts. They involve talking to someone who is trained to help you manage your thoughts and feelings and the effect they have on your mood and behaviour. They are available for free on the NHS and may be offered in one-to-one sessions or in a group.

Talking therapies are proven to work. You can refer yourself to see someone locally, or your doctor or nurse can do it for you if you prefer.

The most common talking therapies are Cognitive Behavioural Therapy (CBT) and counselling.

Good to know



Talking therapies are often referred to as improving access to psychological therapies (IAPTs). Your doctor may refer you, or you can refer yourself. You can find out what might be available locally by searching for 'IAPT' on the NHS website.

Cognitive Behavioural Therapy

This can help you feel better by looking at and challenging how you think and behave. It's based on the idea that the way we feel is affected by our thoughts, beliefs and behaviour.

Counselling

Counselling lets you talk about your problems and feelings in a safe environment. Counsellors are trained to listen and empathise. They won't give you advice but will support and guide you to understand your problems and deal with negative thoughts and feelings.

Medication

Depending on your symptoms, you may be prescribed medication. Antidepressants are a common type of medication. They work by boosting the level of brain chemicals that lift your mood. There are different types and your doctor should explain which they think is best for you, considering any other medications you're already taking.

Antidepressants can make you feel better so you're able to deal with some of the problems you are facing, but often take around two weeks before being effective. You may experience mild side effects in the beginning such as feeling sick or dizzy, but these should quickly improve. It's important to take the antidepressants for as long as your doctor recommends and follow their advice when coming off them as stopping this kind of medication suddenly can cause side effects.

Try and see your doctor after four weeks if you start taking antidepressants – but sooner if you're experiencing any serious side effects. They'll just want to check how you're feeling and see if they should change your dose or try a different antidepressant.

Being prescribed antidepressants is often combined with being referred to a talking therapy.

“My GP suggested talking treatments to me a while ago. I refused, as I didn’t think they were for me. But I changed my mind and now wish I’d started sooner.”



Gary, 72

‘Wait and see’ or ‘watchful waiting’

If your symptoms are mild, they may improve by themselves. In this case, you should be given information about the nature of your symptoms and advice on coping with them. Your doctor may then monitor your symptoms over a period of time to see if they improve by themselves.

Self-help

Your doctor might suggest you have a look at self-help resources or groups, which can be a way to get support, share ideas on what helps, boost your mood and gain self-confidence. Meeting other people who understand what you’re going through can be helpful, especially if you’re feeling isolated or lonely.

Along with other treatment options, your doctor may suggest you work through a self-help book, or tell you about online therapy programmes that you can work through to learn new skills to prevent and cope with your symptoms. Some types of self-help involve very little contact with a healthcare professional, while others involve talking to a healthcare professional every few weeks to review your progress.

Applied relaxation

If you're experiencing anxiety, you may be offered applied relaxation. This focuses on relaxing your muscles and teaches you to use techniques to help you cope in situations where you feel anxious. It usually consists of weekly hour-long sessions, delivered by trained practitioners over 12-15 weeks.

Mindfulness

Mindfulness is a technique that can help you focus more on the present moment by becoming more aware of the sights, sounds and feelings that you're experiencing. It can help you cope with difficult thoughts or feelings and is proven to be beneficial for people who are living with mental health problems, such as anxiety or depression. Mindfulness exercises can be done at home or when you're out and about.

St John's Wort

St John's Wort is a herbal remedy for depression that is available from health shops and pharmacies. There is some evidence that it can be an effective remedy, but it's not recommended by doctors or the National Institute for Health and Care Excellence (NICE) for three reasons:

- There is a variation in the amount of active ingredients within different brands and batches, making the effects of the remedy unpredictable.
- It can cause serious health problems by interacting with medications such as those used to treat epilepsy, and conditions where a patient is at risk of developing life-threatening blood clots.
- It can interact negatively with prescribed antidepressants.

If you're already taking any other medication, you should always check with your doctor before using St John's Wort.

Visit Mind's website to find out more about different types of therapy, antidepressants and other kinds of help (page 20).

Things you can do that might make you feel better

Just as you can look after your physical health, you can take care of your mental health too. Here are some suggestions of ways to care for your mind and moods.

1. Be kind to yourself

It's important to have a treat from time to time and do the things that bring you joy. Try to find time for the activities you enjoy, whether that's cooking or going out for lunch with friends. Or simply take some time by yourself to sit down with a good book.

Talking to friends is a great way to relive old memories and remind yourself of all the positive things in your life. Spending time with other people can prevent you from feeling lonely or anxious and give you a chance to share experiences, thoughts and ideas. If you like having a chat but find it hard to get out, you could contact your local Age UK to see if they offer friendship services. Alternatively, contact the Age UK's Telephone Friendship Service on **0800 434 6105** to find out about their weekly telephone friendship calls. In Wales, contact your local Age Cymru or call **0300 303 44 98** for information on Age Cymru's Friend in Need service.

2. Get enough sleep

Sleep patterns change as we get older and lack of sleep can directly affect the way we feel. If you're having difficulty sleeping, try cutting back on daytime naps and reduce the amount of caffeine you drink. Try to make time to relax and unwind each evening, perhaps by reading a book, listening to the radio, or having a bath.

3. Eat well and drink sensibly

What we eat and drink affects how we feel. Try not to fill up on the wrong things, but also don't ignore any signs you may not be eating enough, such as losing weight unexpectedly. Our guide **Healthy living** has more information about having a healthy diet and drinking sensibly.

4. Keep active

As well as keeping you healthy, exercise is a great way to improve your mood, as it increases the production of endorphins – brain chemicals that make you feel happy. Keeping active can also be a good way to clear your mind and relax. It's never too late to be active and there are lots of simple ways to start moving more – even doing things like gardening or going for a walk can improve your mood.

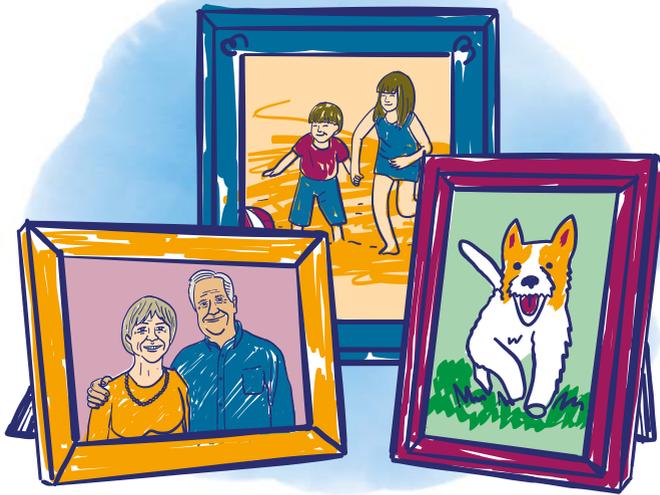
5. Create structure to your day and set yourself goals

Most of us look forward to retirement and having time to ourselves, but when it comes it can be hard to adjust to the loss of structure in our day, and the purpose that working life gave us. Setting goals and making plans gives our lives meaning and purpose. Start small and make sure you're realistic – for example, you may set yourself a goal to go for a 10 minute walk every day. You may also choose to do some volunteering to help give yourself routine and structure.

“My husband has depression. I make sure we do something out and about at least once a week.”

Pat, 73





If you're worried about someone

We all have a part to play in talking about mental health. If you're worried that a friend, partner or relative may need support with their mental wellbeing, there are various ways you can help.

The best thing you can do is support them, listen to them, remind them they're not to blame for the way they're feeling, and reassure them that things will get better with time and help.

Talking to someone about their mental health might be helpful to getting them back on track. Asking questions like "How are you feeling in yourself?" can give somebody the opportunity to talk.

Be there. Simply being there for the person you are concerned about can let them know that someone cares. Don't be afraid to ask them how they're feeling and if there's anything you can do to help. Having someone who is willing to listen without judgement could be a great comfort.

Encourage them to get help. Reassure your friend or relative that it's possible to feel better with the right help. If they're reluctant to see a doctor about their feelings, suggest they go for a physical check-up instead. The doctor should spot underlying problems. It may be possible for you to go along for moral support.

Support their treatment. It can take several weeks to feel the benefits of treatment, so encourage your friend or relative to take any medication and attend appointments.



“I’m so glad mum got help when she did.”

Victoria, 36



Encourage them to be healthy and active. Eating well and exercising can help improve mental wellbeing. Suggest things you've always liked to do together, like going for a walk or a trip to a museum. Or perhaps you could arrange to have dinner with them, or go out for lunch occasionally.

Offer practical help. Your loved one may be low on energy and motivation, so practical assistance like helping with household chores, picking up prescriptions and organising appointments could be a big help. Try to do things together where possible – being included will be good for their self-esteem.

Be patient. When people are living with poor mental health they may get irritable or feel misunderstood by others. You can help by offering gentle reassurance.

Useful organisations

Age UK

We provide advice and information for people in later life through our Age UK Advice line, publications and website.

Age UK Advice: 0800 169 65 65

Lines are open seven days a week from 8am to 7pm.

www.ageuk.org.uk

In Wales, contact Age Cymru Advice: **0300 303 44 98**

www.agecymru.org.uk

In Northern Ireland, contact Age NI: **0808 808 7575**

www.ageni.org

In Scotland, contact Age Scotland: **0800 124 4222**

www.agescotland.org.uk

Alzheimer's Society

Offers advice, information and support in England and Wales to people with dementia, their families and carers through its helpline and local branches.

Helpline: **0333 150 3456**

www.alzheimers.org.uk

www.alzheimers.org.uk/wales

In Northern Ireland, contact Alzheimer's NI Helpline:

0300 222 1122

www.alzheimers.org.uk/about-us/northern-ireland

Anxiety UK

Provides information, support and help if you've been diagnosed with, or suspect you may have, an anxiety condition.

Tel: **03444 775 774**

www.anxietyuk.org.uk

C.A.L.L. Helpline – Community Advice and Listening Line

Offers a confidential support and listening service on mental health and related matters in Wales.

Tel: **0800 132 737** (or text 'help' to **81066**)

www.callhelpline.org.uk

Carers UK

Provides advice, information and support for carers. Also offers an online community that connects carers to people who understand what they're going through.

Tel: **020 7378 4999** (England)

Tel: **029 2081 1370** (Wales)

Tel: **02890 439 843** (Northern Ireland)

www.carersuk.org

Cruse

Has a dedicated helpline to support people who have been bereaved, and offers free bereavement counselling.

Helpline: **0808 808 1677**

www.cruse.org.uk

Dementia UK

Provides information for those affected by dementia, their family, friends and carers. Has a helpline staffed by Admiral Nurses who can offer advice and support.

Admiral Nurse Helpline: **0800 888 6678**

www.dementiauk.org

Depression UK

National self-help organisation that helps people cope with their depression.

Email: **info@depressionuk.org**

www.depressionuk.org

Independent Age

Provides advice and support for older people, their families and carers.

Tel: **0800 319 6789**

www.independentage.org

LGBT+ Cymru Helpline & Counselling Service

Provides information, advice and confidential support on issues that affect LGBT+ people, their families and friends.

Helpline: **0800 917 9996**

www.lgbtcymru.org.uk

Macmillan Cancer Support

Provides practical, medical and financial support for people facing cancer, their carers and loved ones.

Tel: **0808 808 00 00**

www.macmillan.org.uk

Marie Curie

Provides bereavement support and mental health support for people at the end of their lives.

Tel: **0800 090 2309**

www.mariecurie.org.uk

Mental Health Foundation

Provides information and support on mental health.

www.mentalhealth.org.uk

Mind

Provides advice and support on mental health issues.

Tel: **0300 123 3393**

www.mind.org.uk

The National Council for Voluntary Organisations

Provides details of local volunteer centres and opportunities across England.

Tel: **020 7520 2552**

www.ncvo.org.uk

In Wales, contact **Volunteering Wales**

www.volunteering-wales.net

In Northern Ireland, contact **Volunteering Now**

www.volunteernow.co.uk

NHS

Find out about local NHS services in England and get information on mental wellbeing.

www.nhs.uk

The NHS website Every Mind Matters has a mind plan, and gives advice and practical tips to help you look after your mental health and wellbeing.

www.nhs.uk/every-mind-matters

In Wales, contact **NHS 111 Wales**

Tel: **111** (or in certain areas where this number doesn't operate yet, call **0845 46 47**)

www.111.wales.nhs.uk

In Northern Ireland, contact **NI Direct**

www.nidirect.gov.uk

Online Centres Network

Provides access to computers and the internet, and helps people gain basic digital skills. Use the 'find a centre' facility to locate your nearest Online Centre.

Tel: **0114 349 1666**

www.onlinecentresnetwork.org

Re-engage

Provides older people with social connections, including activities such as regular tea parties.

Tel: **0800 716543**

www.reengage.org.uk

Rethink Mental Illness

Provides information and support to anyone severely affected by mental health problems.

Tel: **0808 801 0525**

www.rethink.org

SANE

UK-wide charity to raise awareness and combat stigma about mental illness.

Tel: **0300 304 7000**

www.sane.org.uk

Samaritans

Confidential helpline offering support to talk about your feelings. Lines are open 24 hours a day, 365 days a year.

Tel: **116 123**

www.samaritans.org

Switchboard – LGBT+ helpline

Provides information and support for anyone in the UK dealing with issues relating to their sexuality.

Tel: **0300 330 0630**

www.switchboard.lgbt

University of the Third Age

Local groups of older people who learn together informally.

Tel: **020 8466 6139**

www.u3a.org.uk

Visit Britain

Provides ideas and suggestions for activities across Britain.

www.visitbritain.com

Walking for Health

Runs a network of health walking schemes across England.

www.walkingforhealth.org.uk

In Wales, contact **Ramblers Cymru**

Tel: **020 3961 3300**

www.ramblers.org.uk/wales

In Northern Ireland, contact **Walk NI**

Email: **info@walkni.com**

www.walkni.com



† The Age UK network includes the charity, its trading companies and national partners (Cymru, Scotland and NI). We also work closely with local Age UKs. Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1–6 Tavistock Square, London WC1H 9NA.

Help us be there for someone else

We hope you found this guide helpful. When times are tough, it's so important to get some support. Did you know you could help us reach someone else who needs a little help? Here's how:

1

Give your views on guides like this

Our Readers' Panel helps make sure the information we produce is right for older people and their families. We'd love you to join. Go to www.ageuk.org.uk/readers-panel.

2

Donate to us

Every donation we receive helps us be there for someone when they need us. To make a donation, call us on **0800 169 8787** or go to www.ageuk.org.uk/donate.

3

Volunteer with us

Our volunteers make an incredible difference to people's lives. Get involved by contacting your local Age UK or at www.ageuk.org.uk/volunteer.

4

Campaign with us

We campaign to make life better for older people, and rely on the help of our strong network of campaigners. Add your voice to our latest campaigns at www.ageuk.org.uk/campaigns.

5

Remember us in your will

A gift to Age UK in your will is a very special way of helping older people get expert support in the years to come. Find out more by calling **020 3033 1421** or visit www.ageuk.org.uk/legacy.

What should I do now?

You may want to read some of our relevant information guides and factsheets, such as:

- **Healthy living**
- **Bereavement**
- **Getting help with debt**

You can order any of our guides or factsheets by giving our Advice Line a ring for free on **0800 169 65 65** (8am-7pm, 365 days a year).

Our friendly advisers are there to help answer any questions.

All of our publications are available in large print and audio formats.

There's plenty of really useful information on our website, too. Visit **www.ageuk.org.uk/yourmindmatters** to get started.

If contact details for your local Age UK are not in the below box, call Age UK Advice free on **0800 169 65 65**.



0800 169 65 65
www.ageuk.org.uk



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