Your mind matters

Thinking about your mental health

AgeUKIG56

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 signs and symptoms 8
Feeling low 10
Feeling worried 11
Feeling unmotivated 11
Feeling lonely 12
Why you might be feeling like this 14

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 losing 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 plenty of reasons why your mood might change. But it's important to know that if you've not been feeling yourself lately – whatever the reason – there's support available.

This guide covers some of the symptoms of more common mental health problems, why you might be experiencing your symptoms, and what support is available.

"I knew something wasn't right. I'd been feeling down for a while and I'd started avoiding friends and family."

Michael, 68

If you're feeling down, it's important to tell someone, whether that's a friend, family member or healthcare professional.

Lots of us find talking about our feelings uncomfortable. But ignoring your low mood won't make it go away – it's more likely to make it worse in the long term. Talking is an important first step towards feeling better.

Good to know

There are lots of organisations you can go to for support – we've included a couple below. You can find more in the 'Useful organisations' section on pages 27-32.

Call Samaritans at any time of the day or night if you need someone to talk to: **116 123**.

Call the Mind Infoline for help with mental health problems: **0300 123 3393**.

Sometimes, your emotions might be so overwhelming that you feel you might harm yourself in some way. If so, it's important to seek help. If you've harmed yourself or you think you might, call **999** or go to A&E.

Rethinking mental health

We've all been told how important it is to look after our physical health, from keeping active to eating well. But what about our mental health?

The importance of looking after our mental health can often be sidelined. But it shouldn't be. Our mental health affects all aspects of our lives – not just how we think and feel, but how well we cope with life's ups and downs.

A mental health problem is just as important as a physical one. If you had joint pain, you wouldn't just struggle on without help – you'd tell your doctor so they could treat it. And it's just as important to get support with your mental health if you need it.

"My anxiety got worse after I had pneumonia. I didn't realise the two were linked until I spoke to the doctor."

Meera, 80

It's not just you

Mental health problems are more common than you might think, because there often aren't outward signs or symptoms. It's easy to assume that other people are doing OK – but it's estimated that 1 in 4 of us live with a common mental health problem such as depression or anxiety.

Lots of us tend to put our feelings to one side and think 'it'll sort itself out' or 'I'll deal with it later'. But we shouldn't – coming to terms with our thoughts and feelings is often the best thing we can do to help ourselves feel better.

Do any of these sound familiar?

Speak to your doctor if you're worried about your mental health. They'll have lots of experience in supporting people and they won't judge you – they're there to help.

How you might be feeling

It can be tricky to recognise the symptoms of a mental health problem. This means they can be overlooked or mistaken for physical health conditions or just part of getting older.

Spotting signs and symptoms

Recognising the signs and symptoms of a problem is the first step towards helping yourself feel better.

If you're experiencing things listed on these pages, it's worth speaking to your healthcare professional about them – whatever the cause, they might be able to help.

Changes to your mood:

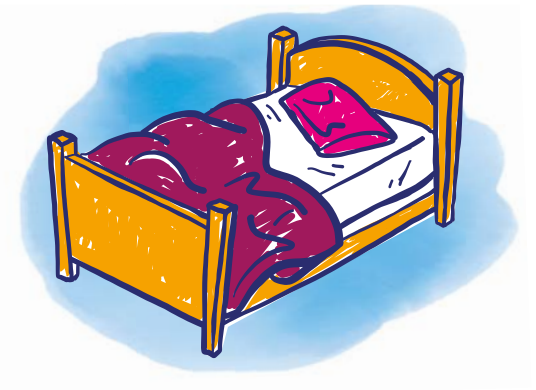
- feeling low
- feeling irritable, restless or tense
- feeling guilty, worthless or hopeless
- feeling numb
- feeling isolated
- feeling like bad things will happen to you or your loved ones
- feeling tired all the time
- feeling confused or forgetting things
- worrying a lot and not being able to relax
- finding no pleasure in things you used to enjoy.

Changes within your body:

- having aches and pains with no obvious physical cause
- getting pins and needles a lot
- moving very slowly, or being restless and agitated
- breathing faster than usual
- feeling lightheaded, dizzy or sick
- having a fast, thumping or irregular heartbeat
- sweating or experiencing hot flushes
- having panic attacks (sudden, intense periods of anxiety or fear).

Changes in what you do:

- avoiding social activities
- having trouble speaking or thinking clearly
- having trouble making decisions
- taking less care of your appearance
- eating or sleeping more or less than usual
- drinking more alcohol than usual.



Feeling low

Everyone feels down from time to time – and usually it passes. But if you've been feeling down for a while, or if you often feel down, then it's important to speak to someone.

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 – we should experience happiness and enjoyment whatever our age.

Perhaps start by telling a family member, or your doctor or nurse – whoever you feel comfortable with. Remember that healthcare professionals see lots of people with similar feelings and they know how to help.

It can be hard to admit you're feeling low, but talking to someone can take some of the weight off your shoulders.

Good to know

It's not uncommon to feel low and worried at the same time. Doctors are used to seeing people who have a mix of feelings like this and they know how to help.

Feeling worried

'Anxiety' describes how we're feeling when we're worried, stressed or afraid. Many of us experience anxiety now and again. But you should speak to your doctor if you:

- feel anxious for long periods of time
- feel anxious about lots of things
- lose your appetite because you're anxious.

Being anxious can have a big impact on your overall health, so it's important that you get support if you need it.

Feeling unmotivated

We've all felt unmotivated before – whether we're putting off chores around the house or we can't face going out and socialising.

But long periods of feeling unmotivated, lacking energy, and having little interest in things you'd normally enjoy can indicate that there's something else going on. It's always best to speak to your healthcare professional if you've noticed you've been feeling like this for a while.

"Dad doesn't seem himself when I go and visit. The place is never tidy anymore. I'm worried about him."

Rebecca, 39

Feeling lonely

There are lots of reasons you might be feeling lonely. Perhaps you've moved away from friends and family, or you've retired and you're missing the social contact you had through work. Perhaps you have health problems that make it more difficult to get out and about. Or perhaps you're coming to terms with the death of a loved one.

You can be surrounded by people but still feel lonely if you're not getting enough of the kind of social contact that feels meaningful to you.

Loneliness can have a real impact on mental wellbeing. If you speak to your healthcare professional, 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 chat on the phone. It can be a great way to speak to someone new. Search 'telephone friendship' on the Age UK website or call **0800 434 6105** to find out more.

In Wales, if you're aged 70 or over, you can register for a free weekly call from Age Cymru's Friend in Need service. Search 'Friend in Need' on the Age Cymru website or to find out more call **0300 303 44 98**.

You could also ask your local Age UK if there are any classes or local groups you could join. In Wales, contact your local Age Cymru.

Joe found it tricky to adjust to retirement.

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

'I'd looked forward to retiring for a few years, and at first it was great not having to get up early.

'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 there was to get up for. I was spending a lot of time just sitting on the sofa and 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 but one of the regulars, Ron, made a real effort to introduce me to everyone and make me feel welcome. I go on a couple of walks a week now – and I really look forward to them. The thing is, you don't even realise you've gone into your shell until you start doing things again.'

"People don't tell you that retirement isn't always so easy once you get there."

Why you might be feeling like this

Knowing what might be having an impact on your mental wellbeing could help you think about steps you can take to look after yourself.

Below we've listed some of the most common things that can affect how we feel – but there are plenty of other things that might be going on. There might not even be a clear reason for how you're feeling – and that's OK. The key thing is to try to talk to someone about it, whether that's a loved one or a healthcare professional.

Retirement

Lots of us look forward to retirement – but we're often so busy thinking about what we're retiring from that we don't take time to think about what we're retiring to.

While those first few months of not having to set the alarm can make a nice change, the novelty can wear off. And sometimes, losing that routine or that sense of purpose day-to-day can have an impact on our mental health.

Bereavement

Grieving for a loved one affects us all differently. You might experience a real mix of feelings – from sadness, emptiness and fear to anger, guilt and relief.

You'll probably have bad days and better days. If you're finding your feelings of grief overwhelming, or if you feel like you're not coping with day-to-day things, then it might be time to seek help and support. Our guide **Bereavement** has lots more information about coping after a death.

Being a carer

Looking after a partner, relative or friend can be rewarding – but it can also be exhausting. It's a big undertaking that can seem to take over our lives at times and affect how we feel mentally.

It can be hard to ask for support as a carer, as you might feel like 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

Money worries can lead to sleepless nights – but it's never too early or too late to seek help.

If you're struggling to make ends meet, 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.

You might be worried about debt – and if so, you're not alone. Our guide **Getting help with debt** has practical information to help you.

Disability or poor health

As we get older, poor health can affect our confidence – especially in the case of chronic illness. We can feel less independent and more anxious about the future. It can become harder to get out and do things, which can be very frustrating.

There might be local transport services in your area – some local councils have Ring and Ride schemes, for instance. Your local Age UK or Age Cymru might be able to help you find a service if they don't offer one themselves.

Pain due to health issues can take a toll on how you feel too – as can the side effects of certain medications.

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, as it can be dangerous to stop suddenly.

Relationship or family problems

Personal relationships – whether between partners, other family members, or friends – can become strained from time to time and have a real impact on how you feel. Whatever the situation, try to discuss your worries with a loved one or a healthcare professional.

For more information and support with your relationships, contact Relate (page 31).

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 might hear this referred to as seasonal affective disorder or the 'winter blues'.

A change in season can leave you feeling tired, withdrawn, depressed or anxious. If it's having a significant impact on your mood, visit your doctor and ask for information and support.

Getting help

We can all feel a bit low sometimes – but if these feelings aren't going away and you're feeling out of sorts, it's important to talk about it. If you've not been feeling like yourself, ask your healthcare professional about what help is available.

When to seek help

If how you're feeling is affecting your day-to-day life, it's probably time to make an appointment to see your doctor. Talking about these things can feel daunting, but your doctor will be used to having these conversations. They're there to help – they won't judge you.

Depending on your symptoms, your doctor might use a questionnaire to find out how you're feeling. Sometimes they might ask about whether you want to end your life. Some people are surprised by questions about this – but it's important that they get raised in case it's helpful. You might even be relieved that you're being asked to talk about it.

You can talk in complete confidence – they'll listen and help you get back on track. But if you're nervous, ask if you can take someone with you to your appointment as moral support.

Different types of help

Once the doctor has looked at what might 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 you've been having them, whether you've had any treatment before, and how helpful the treatment was if so.

Think about what you might find most helpful and discuss the pros and cons of your treatment options with your doctor. Feel free to ask any questions you have.

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's trained to help you manage your thoughts and feelings and the effect they have on your mood and behaviour. They're 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. Your doctor can refer you to NHS services in your area – or you can refer yourself if you prefer. The most common talking therapies are cognitive behavioural therapy (CBT) and counselling.

Good to know

You can find local talking therapies services on the NHS website at **www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service**. In Wales, search 'talking therapies' on the NHS 111 website (page 30).

Cognitive behavioural therapy (CBT)

CBT is based on the idea that the way we feel is affected by our thoughts, beliefs and behaviour. It can help you change negative thought patterns and behaviours to improve how you feel.

Counselling

Counselling provides a safe space for you to talk about your problems and feelings. Counsellors are trained to listen and empathise. They won't tell you what you should do in your situation – but they'll support and guide you to understand your problems and deal with negative thoughts and feelings.

Medication

Depending on your symptoms, you might be prescribed medication. Antidepressants are a common type of medication doctors prescribe for symptoms such as a low mood.

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, taking into account any other medication you're already taking.

Antidepressants can make you feel better – but they often take a couple of weeks to take effect. You might 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. Stopping this kind of medication suddenly can cause side effects.

Arrange to see your doctor 4 weeks after you start taking antidepressants – or sooner if you're experiencing any serious side effects. They'll want to check how you're feeling and see whether they should change your dose or try a different antidepressant.

Lots of people are prescribed antidepressants alongside being referred to a talking therapy.

"My GP suggested talking therapy to me. I said no at first, as I didn't think it was for me. But now I wish I'd started sooner."

Gary, 72

'Wait and see' or 'watchful waiting'

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

Self-help

Your doctor might suggest you have a look at self-help resources or groups. These can be a great way to find support, share ideas on what helps, boost your mood, and gain confidence. Meeting other people who understand what you're going through can be helpful too.

Alongside other treatment options, your doctor may suggest you work through a self-help book or tell you about online therapy programmes that can help you cope.

Some types of self-help involve very little contact with a healthcare professional, while others involve talking to someone every few weeks to review your progress.

Good to know

Visit Mind's website (page 30) to find out more about different types of therapy, antidepressants and other kinds of support.

Applied relaxation

If you have anxiety, you might be offered applied relaxation. This teaches you to use relaxation 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 to 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. It's proven to be effective for people living with mental health problems such as anxiety or depression. Mindfulness exercises can be done at home or when you're out and about.

Herbal remedies

Some health shops and pharmacies offer herbal remedies for anxiety and depression. While there's evidence that some herbal remedies can be effective, there's the risk that they can interact with medication such as antidepressants.

Always check with your doctor before using a herbal remedy – particularly if you're already taking medication.

Things you can do that might make you feel better

Just as you can do things to look after your physical health, you can do things to look after your mental health too.

1. Be kind to yourself

It's important to have a treat from time to time and do things that you enjoy. Try to find time for your favourite activities – whether that's cooking, going out for lunch with friends, or sitting down with a good book.

Talking to friends is a great way to enjoy memories and remind yourself of 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 you find it hard to get out, you could contact your local Age UK to see if they offer friendship services. Alternatively, contact 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 about the Friend in Need service.

2. Get enough sleep

Our sleep patterns change as we get older, and a lack of sleep can directly affect the way we feel. If you're having trouble 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 can have a real impact on how we feel. Try not to fill up on too many unhealthy things – but also be alert to any signs you may not be eating enough, such as losing weight unexpectedly. Our guide **Healthy living** has more information about diet options and drinking sensibly.

4. Keep active

As well as keeping you healthy, being active is a great way to improve your mood, as it increases the production of endorphins (the brain chemicals that help you to deal with pain or stress).

Being active can also clear your mind and help you relax. It's never too late to start being more active – and there are lots of simple ways to move more. Even things like gardening or going for a walk can make a difference to your mood.

5. Create structure to your day and set yourself goals

Most of us look forward to having more time to ourselves – but when it actually happens, it can be hard to adjust to the loss of structure and sense of purpose in our day.

Setting goals and making plans can help bring purpose and meaning to our lives. Start small and make sure you're realistic – for example, you could set yourself a goal to go for a 10-minute walk each day. You could 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 loved one is struggling, there are various ways you can support them.

The best thing you can do is listen to them, remind them that the way they're feeling isn't their fault, and reassure them that things will get better with time and support.

Talking to someone about their mental health can be helpful in getting them back on track. Asking questions like 'How are you feeling in yourself?' can give them the opportunity to talk if they want to. There are some more tips on how to help over the next couple of pages.

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

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

Support their treatment. It can take several weeks to feel the benefits of treatment – so encourage the person to take any medication they're prescribed and to attend appointments.

"I'm so glad Mum got help when she did. There's still a way to go, but things are so much better."

Victoria, 36

Offer practical help. The person you're concerned about might be low on energy and motivation – so lending a hand with things like household chores, picking up prescriptions, or organising appointments could be a big help. Try to do things together rather than taking over where possible, as being included can boost their self-esteem.

Encourage them to be healthy and active. Eating well and being active can help improve mental wellbeing. Suggest things you've always enjoyed doing together, like going for a walk, taking a trip to a museum, or getting together for lunch.

Be patient. When people are feeling out of sorts, they might get irritable or feel misunderstood by others. You can help by offering gentle reassurance. While it can feel hard, try not to take upsetting comments or behaviour too personally. It can help to remind yourself that they're dealing with difficult emotions that might make them say or do things that are out of character.

Useful organisations

Age UK

We provide information and advice 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.
Helpline: **0333 150 3456**
www.alzheimers.org.uk

Helpline (Welsh): **03300 947 400**
www.alzheimers.org.uk/wales

In Northern Ireland, contact **Alzheimer's Society in NI**
Tel: **028 9066 4100**
www.alzheimers.org.uk/about-us/northern-ireland

Anxiety UK

Provides information, support and help to people who have been diagnosed with, or suspect they may have, an anxiety condition.
www.anxietyuk.org.uk

AWARE

Supports people living with depression in Northern Ireland.
Tel (Belfast): **028 9035 7820**
Tel (Derry/Londonderry): **028 7126 0602**
Email: **info@aware-ni.org**
www.aware-ni.org

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

Confidential mental health support and listening service for people in Wales.
Tel: **0800 132 737** (or text **help** to **81066**)
www.callhelpline.org.uk

Carers UK

Provides advice, information and support for carers, as well as an online community.
Tel: **0808 808 7777**
www.carersuk.org

Cruse
Offers a dedicated helpline and counselling to support people who have been bereaved.
Helpline: **0808 808 1677**
www.cruse.org.uk

Dementia UK
Provides information to those affected by dementia, their family, friends and carers. Offers a helpline staffed by Admiral Nurses who can offer advice and support.
Dementia Helpline: **0800 888 6678**
www.dementiauk.org

Drinkaware
Works to reduce the harm caused by alcohol. It offers information and advice, a free online chat service, and a confidential helpline.
Tel: **0300 123 1110**
www.drinkaware.co.uk

LGBT+ Cymru Helpline
Provides information, advice and confidential support on issues that affect LGBT+ people, their families and friends in Wales.
Tel: **0800 917 9996**
www.lgbtcymru.org.uk

Macmillan Cancer Support
Offers 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 information, advice and emotional support for people at the end of their lives.
Tel: **0800 090 2309**
www.mariecurie.org.uk

Mental Health Foundation
Offers information and support on mental health.
www.mentalhealth.org.uk

Mind
Charity providing advice and support on mental health issues.
Infoline: **0300 123 3393**
www.mind.org.uk

National Council for Voluntary Organisations
Provides details of local volunteer centres and opportunities across England.
Tel: **020 7713 6161**
www.ncvo.org.uk

In Wales, contact **Volunteering Wales**
www.volunteering-wales.net

In Northern Ireland, contact **Volunteer Now**
www.volunteernow.co.uk

NHS
Provides information about local NHS services in England and advice on mental wellbeing.
www.nhs.uk

The NHS Every Mind Matters website gives advice and practical tips to help you look after your mental health. You can get a free personalised plan to help you feel better.
www.nhs.uk/every-mind-matters

In Wales, contact **NHS 111 Wales**
www.111.wales.nhs.uk

In Northern Ireland, contact **NI Direct**
www.nidirect.gov.uk

Ramblers
Runs a network of health walking schemes in England, Wales and Scotland.
Tel: **020 3961 3300**
www.ramblers.org.uk/wellbeing-walks

In Wales, contact **Ramblers Cymru**
Tel: **020 3961 3310**
www.ramblers.org.uk/wales

In Northern Ireland, contact **Walk NI**
www.walkni.com

Re-engage
Runs activities such as regular tea parties to provide older people with social connections.
Tel: **0800 716543**
www.reengage.org.uk

Relate
Offers support with personal relationships online, over the phone, or via its network of Relate centres.
www.relate.org.uk

Rethink Mental Illness
Provides information and support to anyone severely affected by mental health problems.
Tel: **0808 801 0525**
Email: **advice@rethink.org**
www.rethink.org

SANE
Raises awareness and combats stigma about mental illness.
SANEline (open between 4pm and 10pm): **0300 304 7000**
Email: **support@sane.org.uk**
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 (open between 10am and 10pm): **0800 0119 100**
www.switchboard.lgbt

University of the Third Age
Network of groups for older people who learn together informally.
Tel: **020 8466 6139**
www.u3a.org.uk

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We'd† like to keep in touch with you to tell you about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well as the products and services you can buy.

Please tick the boxes to let us know how you'd like to hear from us:

☐ **I would** like to receive communications by email.

We will never sell your data and we promise to keep your details safe and secure.

☐ **I do not** wish to receive communications by post.

If you don't want to hear from us, or change your mind about how we contact you, please email **contact@ageuk.org.uk** or call **0800 169 8787**. For further details on how your data is used and stored by the Age UK network go to **www.ageuk.org.uk/help/privacy-policy.**

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Please accept my one-off gift of: **£10** ☐ **£15** ☐ **£20** ☐ **My choice £**

☐ I enclose a cheque/postal order made payable to Age UK, **or**

I wish to make payment by (please tick):

☐ MasterCard ☐ Visa ☐ CAF CharityCard

Card number Expiry date

Age UK provides a range of services and your gift will go wherever the need is the greatest.

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:

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**.

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**.

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**.

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**.

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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