



# Our Help Team is coming to the Forest of Dean

Our friendly, experienced team is coming to your area to offer free information, advice and guidance. We'll help you to make informed choices so you can lead a safe, comfortable and independent later life. You don't need to make an appointment, just drop in.

<b>Newent Library</b> High St, Newent GL18 1AS	Monday 1pm - 3pm	19 January 16 February	16 March 20 April
<b>Severnbank Medical Centre</b> 13 Tutnalls St, Lydney, GL15 5PF	Wednesday 10 - 11.45am	7 January 4 February	4 March 1 April
<b>Coleford Medical Practice</b> Railway Drive, Coleford, GL16 8RH	Thursday 10am - 12pm	14 January 12 February	12 March 9 April
<b>The Community Hub</b> The Cross, Drybrook, GL17 9EF	Thursday 11am - 1pm	21 January 19 February	19 March 16 April
<b>The Clubhouse</b> Milestone Walk, Sling, GL16 8JD	Wednesday 10 - 11.30am	14 January 11 February	11 March 8 April

Contact our Help Team.

Call: 01452 422660

Email: [helpteam@ageukgloucestershire.org.uk](mailto:helpteam@ageukgloucestershire.org.uk)

Visit: [ageuk.org.uk/gloucestershire/communitydropins](http://ageuk.org.uk/gloucestershire/communitydropins)



# How our Help Team can support you

Our later years should be a time of comfort and happiness but, however carefully we plan, sometimes extra support can make a big difference.



## **Your health and wellbeing**

We can help you to navigate the social care system so you can find the right care path and funding for you.



## **Do you feel lonely?**

We'll tell you about social opportunities and activities near you, and transport options to reach them.



## **Do you have enough money?**

We provide a free benefits check, help support selected applications and advise on steps to get your finances in order.



## **Is your home still right for you?**

We can advise on housing options, support benefit applications and signpost to relevant organisations.



## **Are your affairs in order?**

We can talk you through all the processes, such as Powers of Attorney, funding care, and we'll signpost you to relevant agencies.