

# Independent Age

**Area covered:** Hampshire and Isle of Wight

Telephone and email advice service guides and fact sheets. Befriending, our network of volunteers provide much needed company and support to older people in person or by telephone.

## WHO ARE OUR SERVICES FOR

Older people or those over 70 who are lonely and isolated.

## WHO CAN REFER TO OUR SERVICE

Self referral; GPs and Health Care Providers; Adult Services; Community Provider

## WE ARE OPEN

Monday to Wednesday	9-5pm
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	OUR CONTACT DETAILS:	THE BEST WAY TO CONTACT US IS BY:
<b>Phone</b>	01264 362872	Phone
<b>Email</b>	<a href="mailto:Jane.okelly@independentage.org.uk">Jane.okelly@independentage.org.uk</a>	Email
<b>Website</b>	<a href="http://www.independent.org">www.independent.org</a>	
<b>Address</b>	PO Box 1896 Andover SP10 9BR	

## OTHER USEFUL INFORMATION

All our services are free and no time limited.