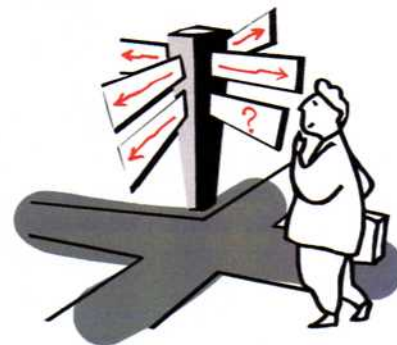




OVER 50? NEED SOME HELP OR INFORMATION?



Can you get transport to the hospital or doctor?

Are you getting all the benefits you may be entitled to?

Is your home warm enough?

Is your house still suitable for your needs, are the stairs a problem?

Are you caring for someone and need support?

Would you like details of local clubs and activities?

Do you need help with money problems?

Do you need help around the house or in the garden?

Have you got a smoke alarm and door chain?

Your local Wayfinders have a huge list of contacts and information and can point you in the right direction for specialist help and advice about all of these questions and many more.

For **FREE**, impartial and confidential information contact:

LOCAL WAYFINDERS

LIZ 07971 338495 OR ALAN 07971 338381

CENTRAL CONTACT NUMBER 01305 213345

Email: sandi@acdorchester.org



Wayfinders - Part of Dorset POPP managed by Age Concerns in Dorset