



What We Do

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week.

The helpline number is: 0800 4 70 80 90.

We also offer telephone friendship schemes where we match volunteers with older people based on their interests; facilitated group calls; and help to connect people with local services in their area.

Our specially-trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect.
- 68% of calls to the helpline are made at night and weekends.

Who can use The Silver Line

The Silver Line is a helpline and friendship service for people aged 55 and over. The Silver Line Helpline is free to callers.

Callers are free to express their feelings, and describe their lives honestly, and can trust us to respect their privacy.

In cases of abuse or neglect, with the callers' permission, we will involve specialist safeguarding organisations such as Action on Elder Abuse or the appropriate social services team.

Health Screening Programmes

Bowel Screening Tel: 0800 707 6060

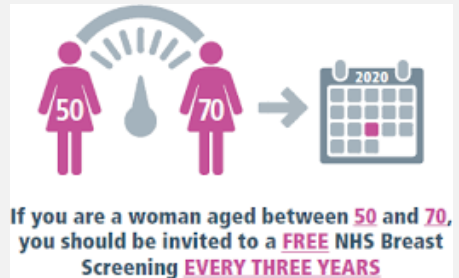
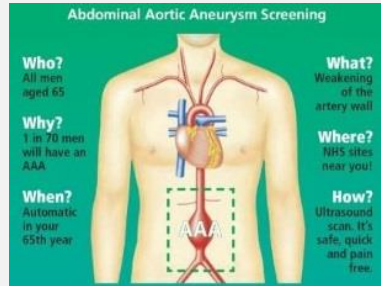
Everyone aged 60 to 74 in England is automatically sent a bowel cancer screening kit every 2 years.

If you're 75 or over, you can request a kit by phoning the number above.

Abdominal aortic aneurysm (AAA)

Tel: 0161 291 5716

Screening is offered to men aged 65 and over in England. Men over 65 can self-refer by phoning the number above.



Cervical Screening

Tel: 0808 802 8000

(Jo's Trust for help and advice)

All women who are registered with a GP are invited for cervical screening by their GP.

aged 25 to 49 – every 3 years

aged 50 to 64 – every 5 years

over 65 – only those with recent abnormal tests

Breast Screening Tel: 01524 583588

*Breast screening is currently offered to **women aged 50 to 70** in England. You'll first be invited for screening between your 50th and 53rd birthday. Women over 70 can self refer.*

This Newsletter was produced by the Patient Participation Group (PPG)
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