

If you are aged 50 or over and need advice and support Age UK can help you.

We can help you with things like:



Your shopping.



Posting letters for you.



Getting things you really need like medication.



Phoning you to see how you are.



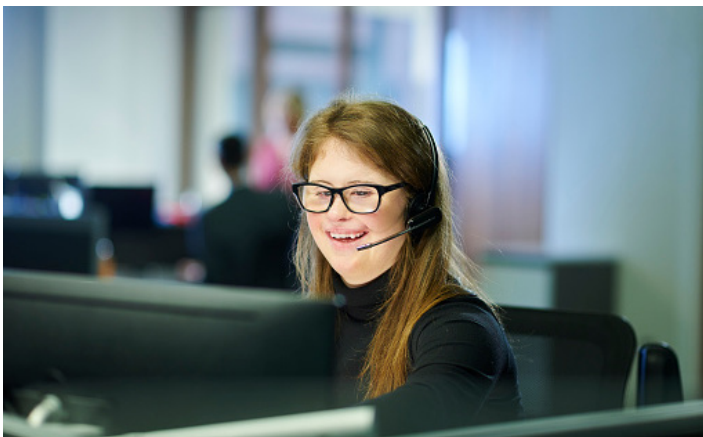
You can call us on 01274 391190.



You can text us on 07471 227907.

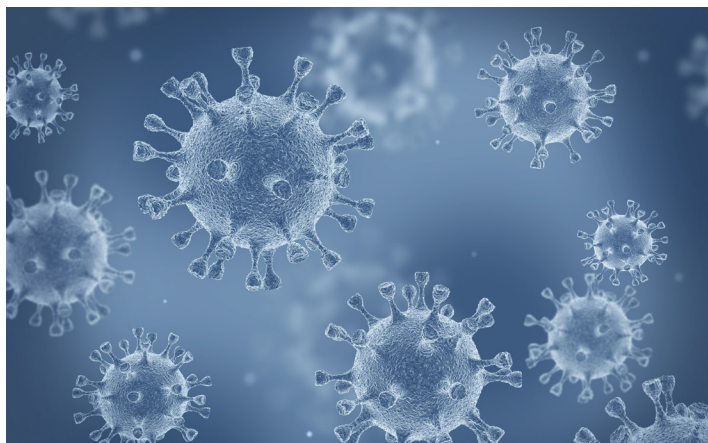


You can email us at info@ageukbfd.org.uk



We will get back to you as soon as possible.

Please remember that the Coronavirus is contagious.



Please remember that the Coronavirus is contagious. This means it spreads very quickly. You should take all precautions you can, especially:



Washing your hands with soap and water often. You should do this for 20 seconds.

This is as long as singing the happy birthday song twice.



Use hand sanitiser gel if there is no soap and water available.



Cover your nose and mouth with a tissue when you sneeze. Put the tissue in the bin straightaway and wash your hands.



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