

**Is a brand-new Age UK Tameside support service for older people who want to get back on track, sometimes in life you can feel down, a little stuck, or find it hard coping with major change like loss or bereavement.**

**Our service offers up to 6 weeks one to one support by qualified professional staff who understand the ups and downs life can bring. Support can be provided in the home or at a local community space close to where you live.**

**The service also offers group support for those older people who find it helps to be with other people going through similar experiences.**

**To access the service you need to complete a referral form and return it to** **referrals@ageuktameside.com**

**The team will contact you to arrange a first visit to help decide what you want to do next.**

**To find out more visit out website** [**www.ageuk.org.uk/tameside**](http://www.ageuk.org.uk/tameside) **or call 0161 308 5000 and speak to our Client Services Staff.**

