



OPAL is a network of specially trained, trusted volunteers available by phone in your local area.

OPAL is run by Age Concern Hampshire.

It is a joint partnership between Hampshire County Council Older People's Well-Being Team and Age Concern Hampshire.

www.hants.gov.uk/bettertime



OPAL: Older People's Area Link

OPAL is a county-wide service that can provide you with details of local information and services by phone. If you need a little more help in working out what you want, there are OPAL volunteers in your area who can visit you at home.

**Why not give us a call on
0800 328 7154
and ask for OPAL!**

You can also get in touch by completing an OPAL contact form online at: -
www.ageconcernhampshire.org.uk

Please call 0845 603 5630* to request this leaflet in another language or format where required; braille, large print, easy read, word and audio files.

* Note; 0800 numbers are often free and 0845 numbers are charged at the local rate, but this may vary depending on your service.



Helping you find local activities and services



Call freephone 0800 328 7154 in confidence and ask for OPAL



Would you like to...

- Make new friends?
- Find out about local groups and activities?
- Try a new hobby?
- Know what help and services are available in your area?

...then an OPAL volunteer would be happy to help!



How we can help

Mr B was finding it difficult to find the right person to help with his day-to-day tasks. OPAL provided details of support services in his local area.

Mrs S had recently lost her husband and felt lonely and isolated. OPAL introduced her to new friends and social events in her area.

Mr L was not used to asking for help but was pleasantly surprised by the warm response and useful information he received from the OPAL volunteer.

Mrs D enjoyed her contact with the OPAL volunteer so much that she is now training to become a volunteer.