



If you are currently struggling, If you are an older or vulnerable person or caring for someone we can help you. Age UK Dacorum volunteers can phone you for a regular chat or even do your weekly shop. We also can provide information and advice, (whatever your age) including signposting to other organisations or individuals via our head office (you may need to leave a message, but we will get back to you). For more information on the services we are still providing or you need assistance please visit our website www.ageuk.org.uk/dacorum. Phone 01442 259049 or email: do@ageukdacorum.org.uk



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